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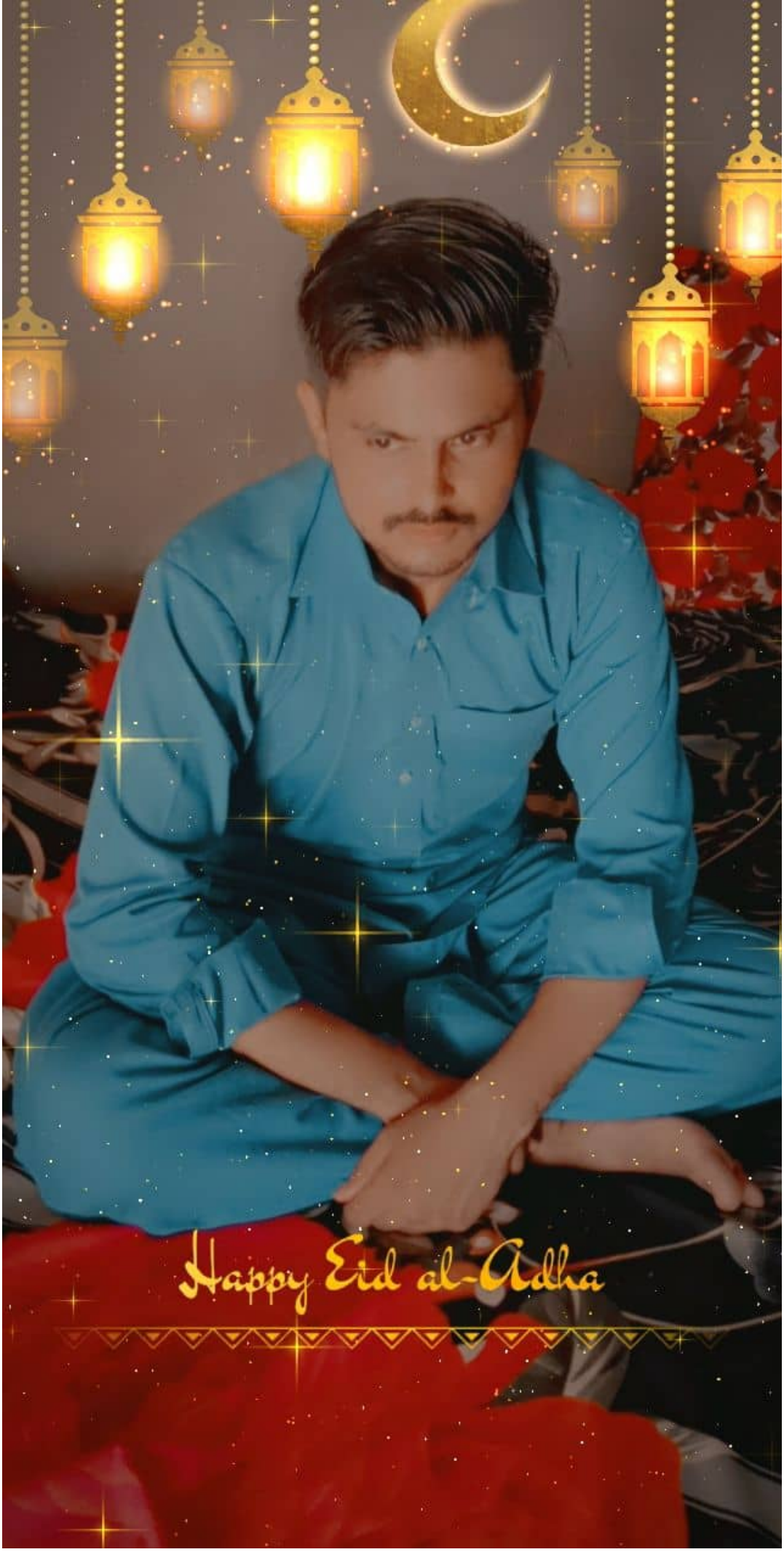
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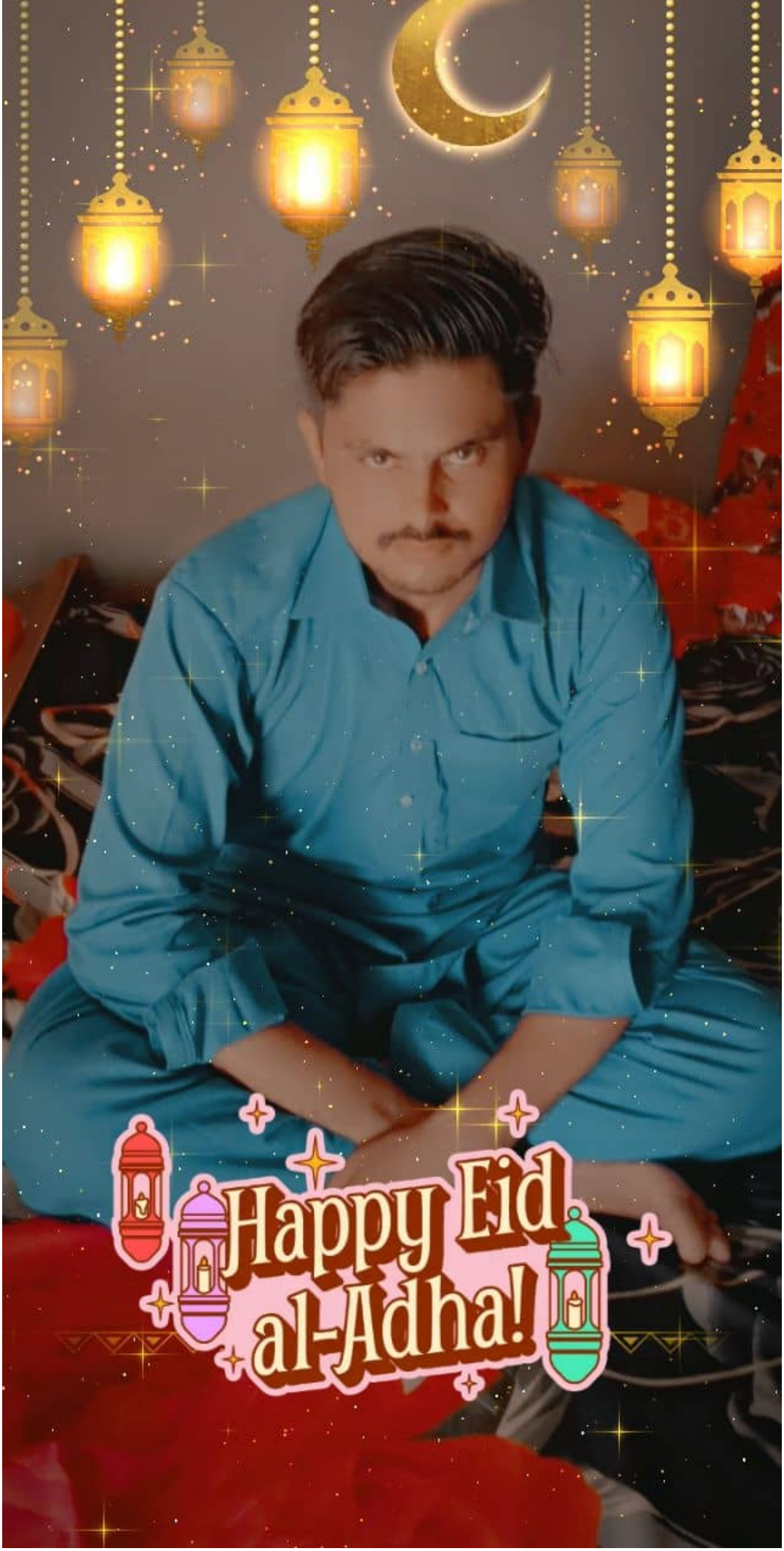
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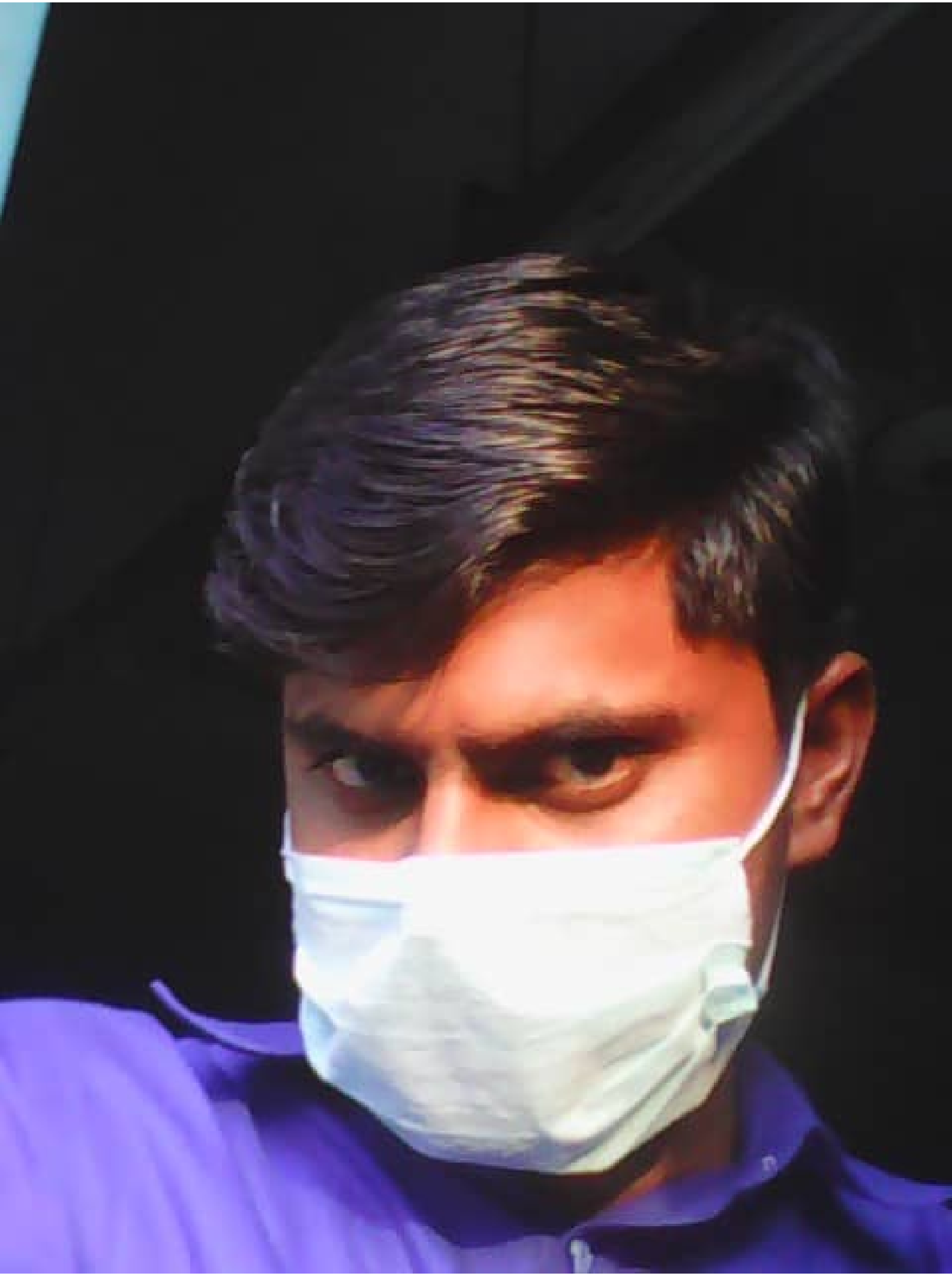
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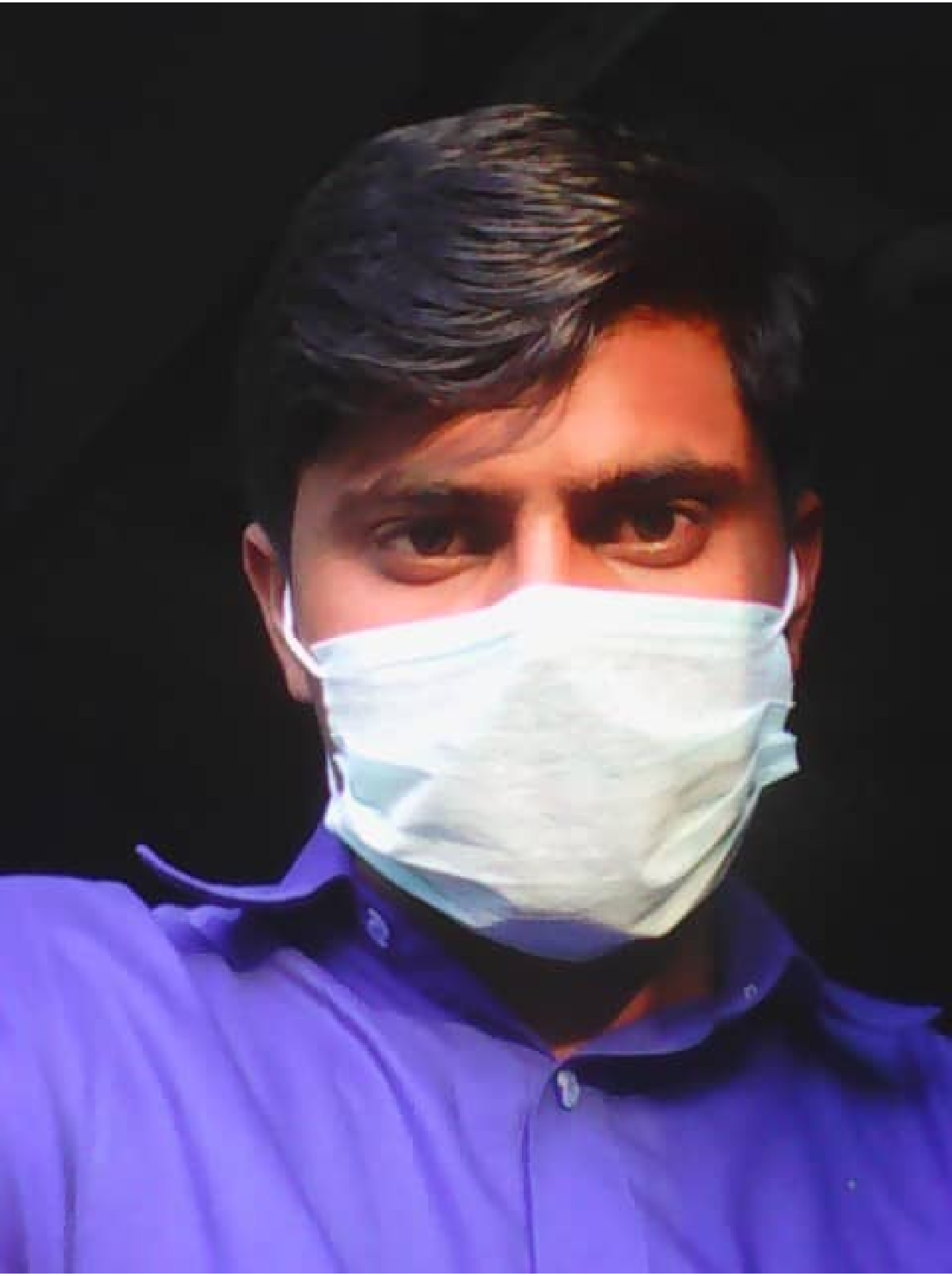
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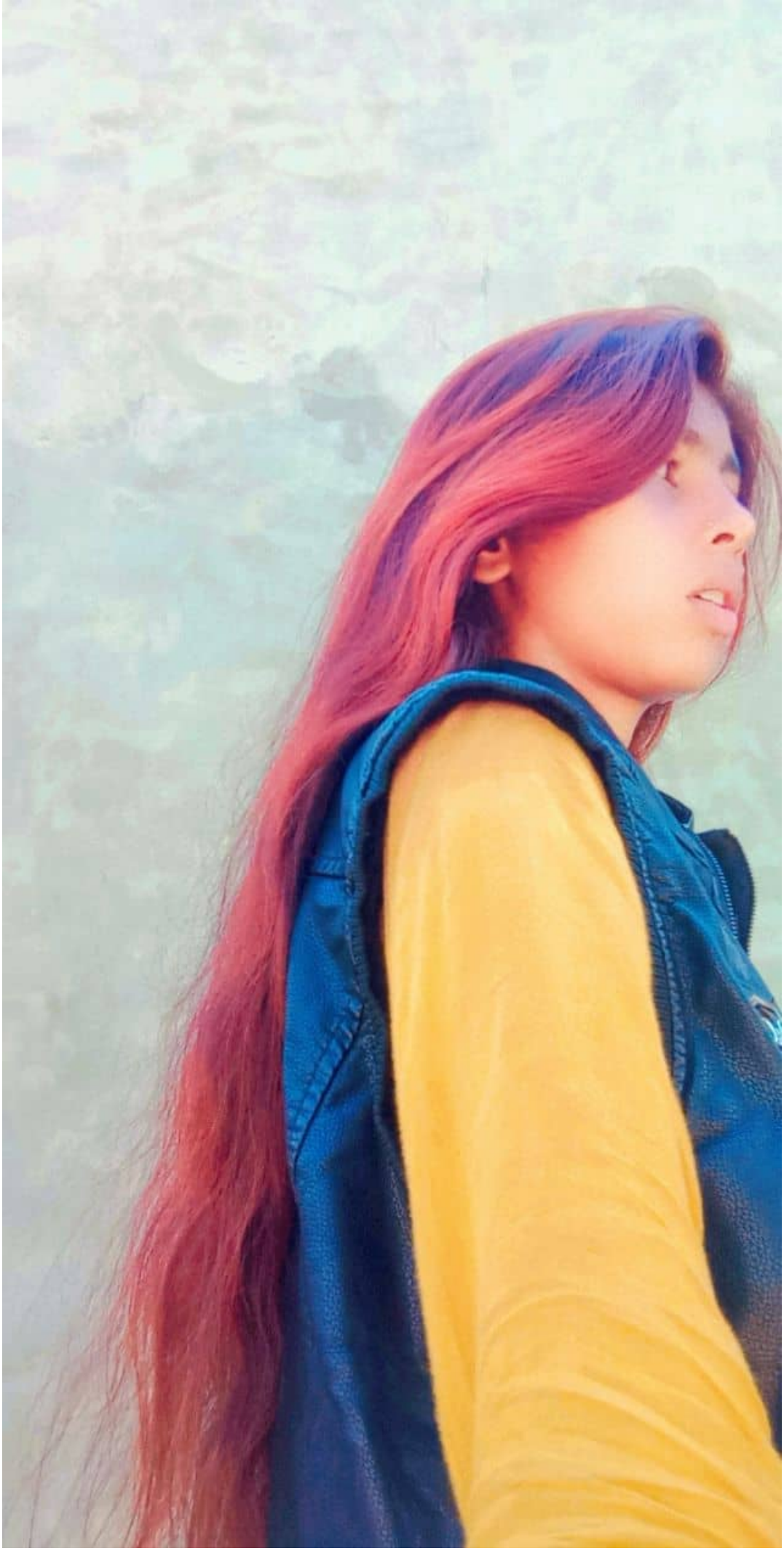
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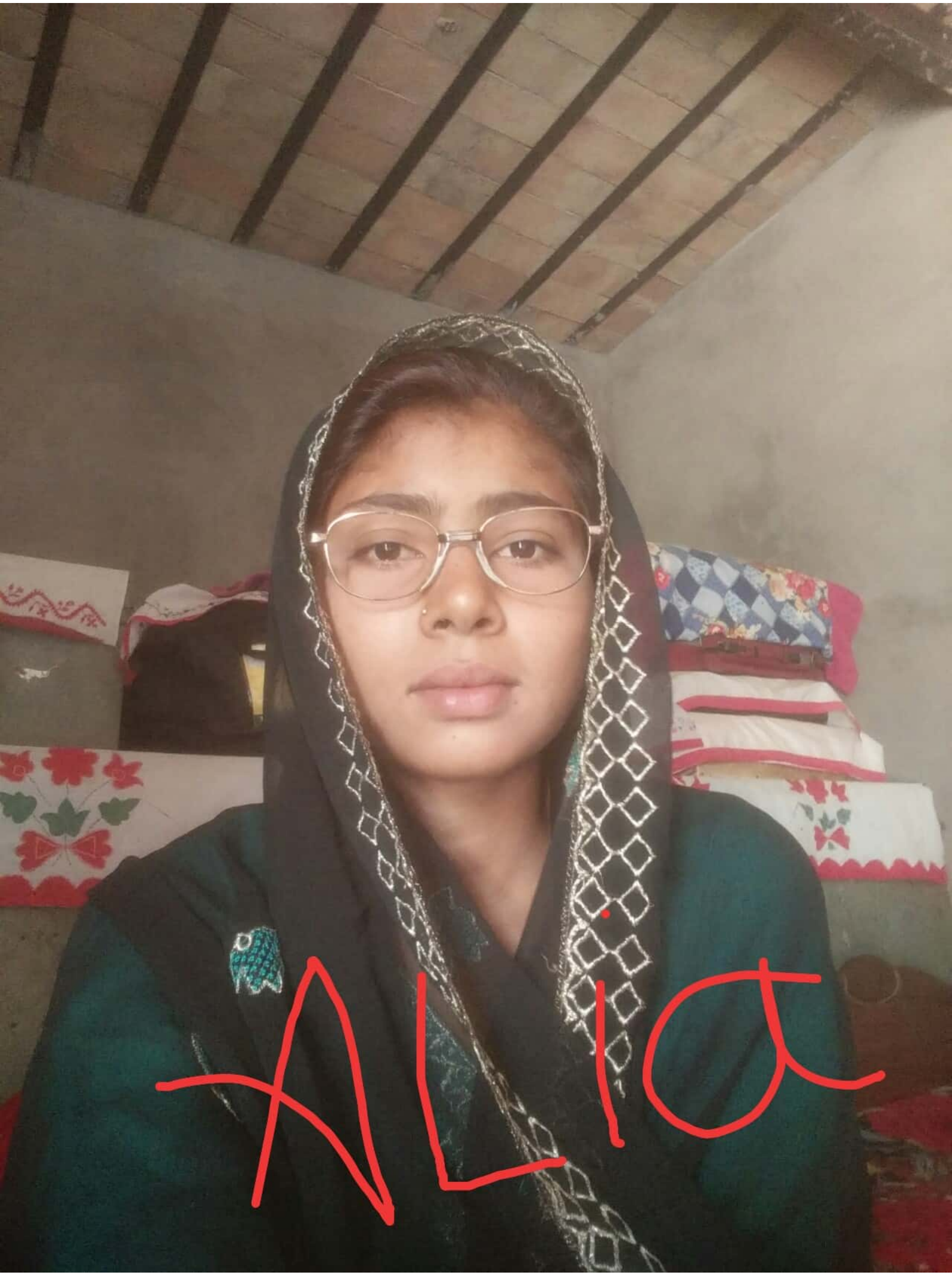
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ہر اداس شخص کا مسلہ عشق نہیں ہوتا
کچھ لوگوں سے پڑھائی بلکل بھی نہیں ہو رہی ہوتی



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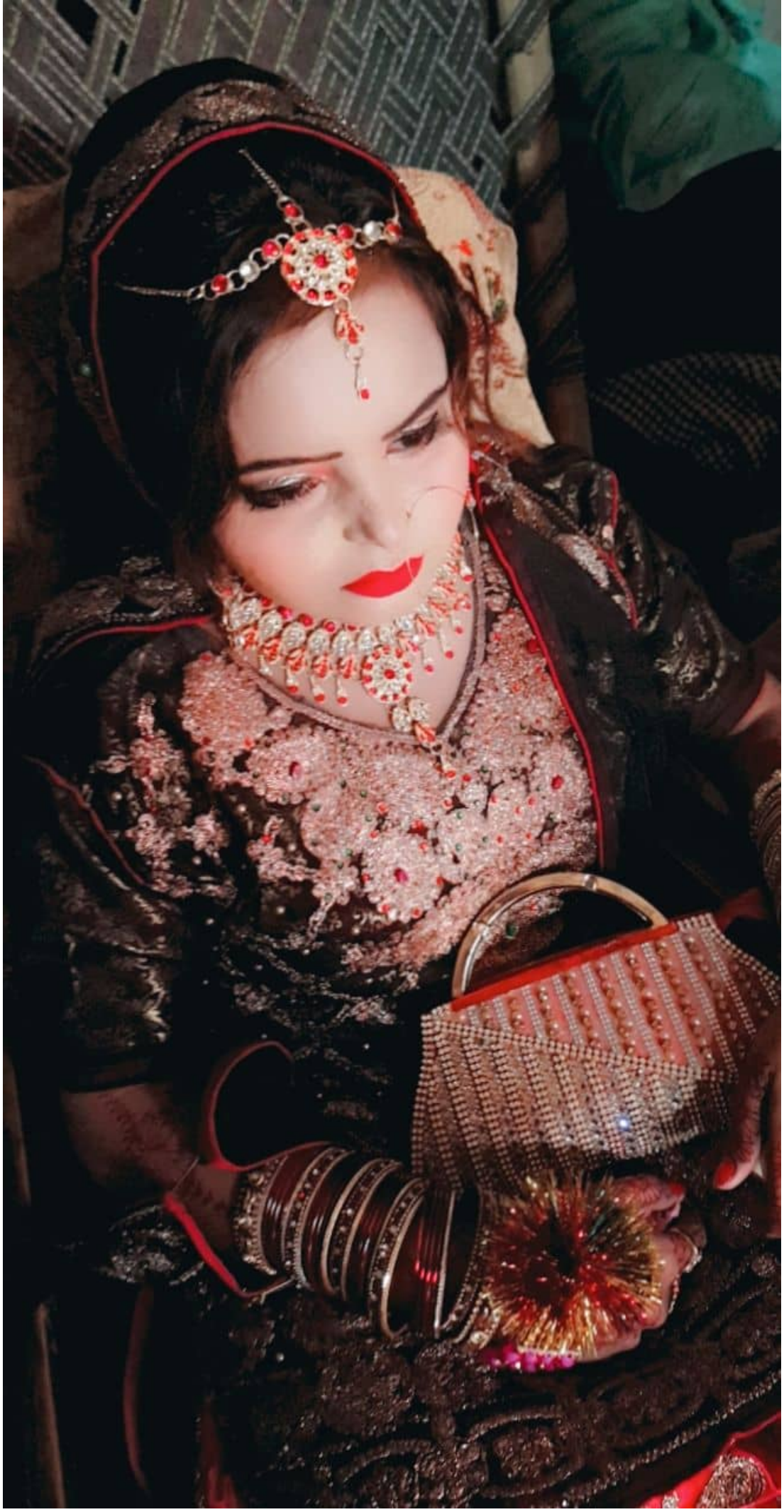
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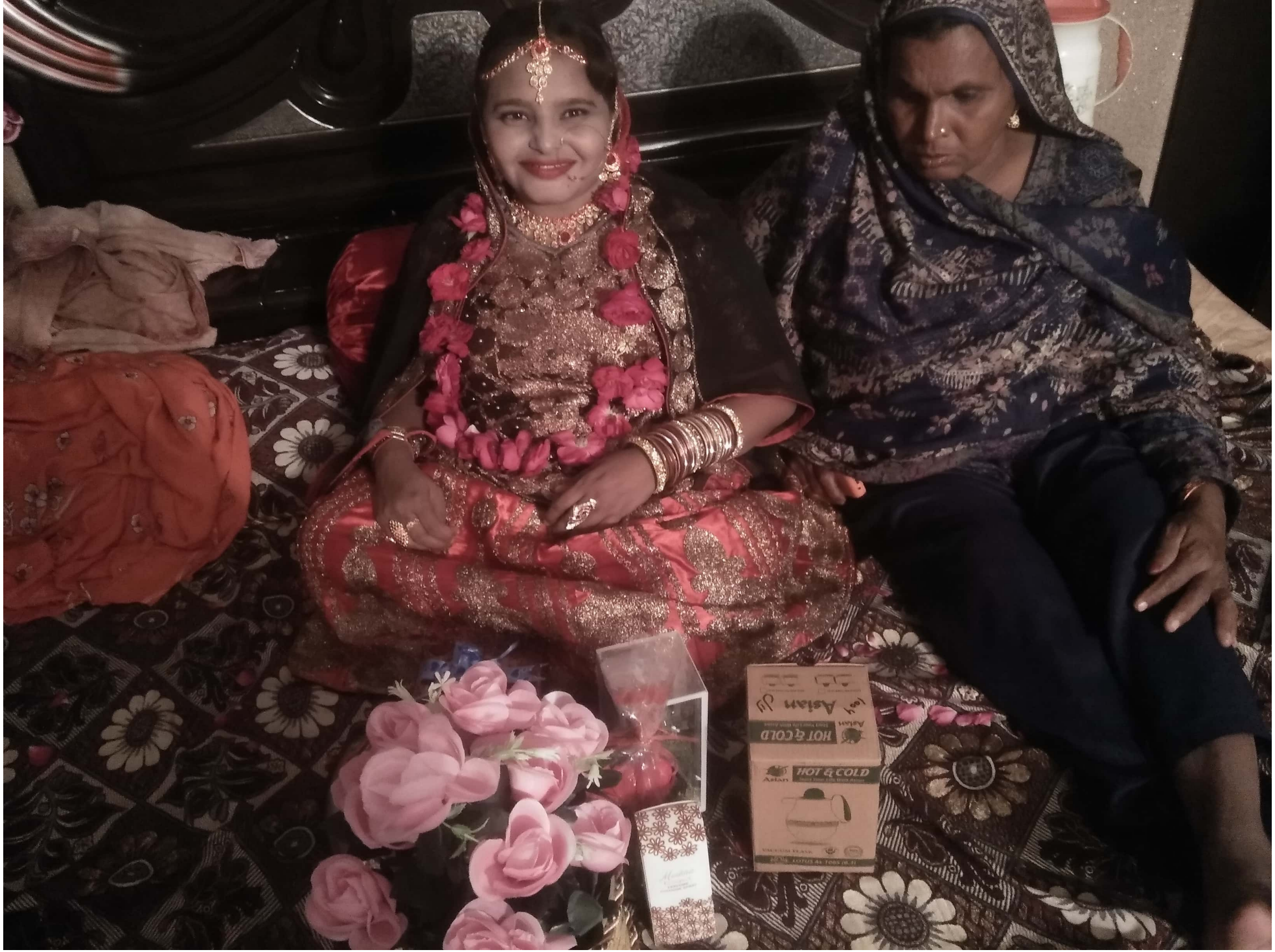
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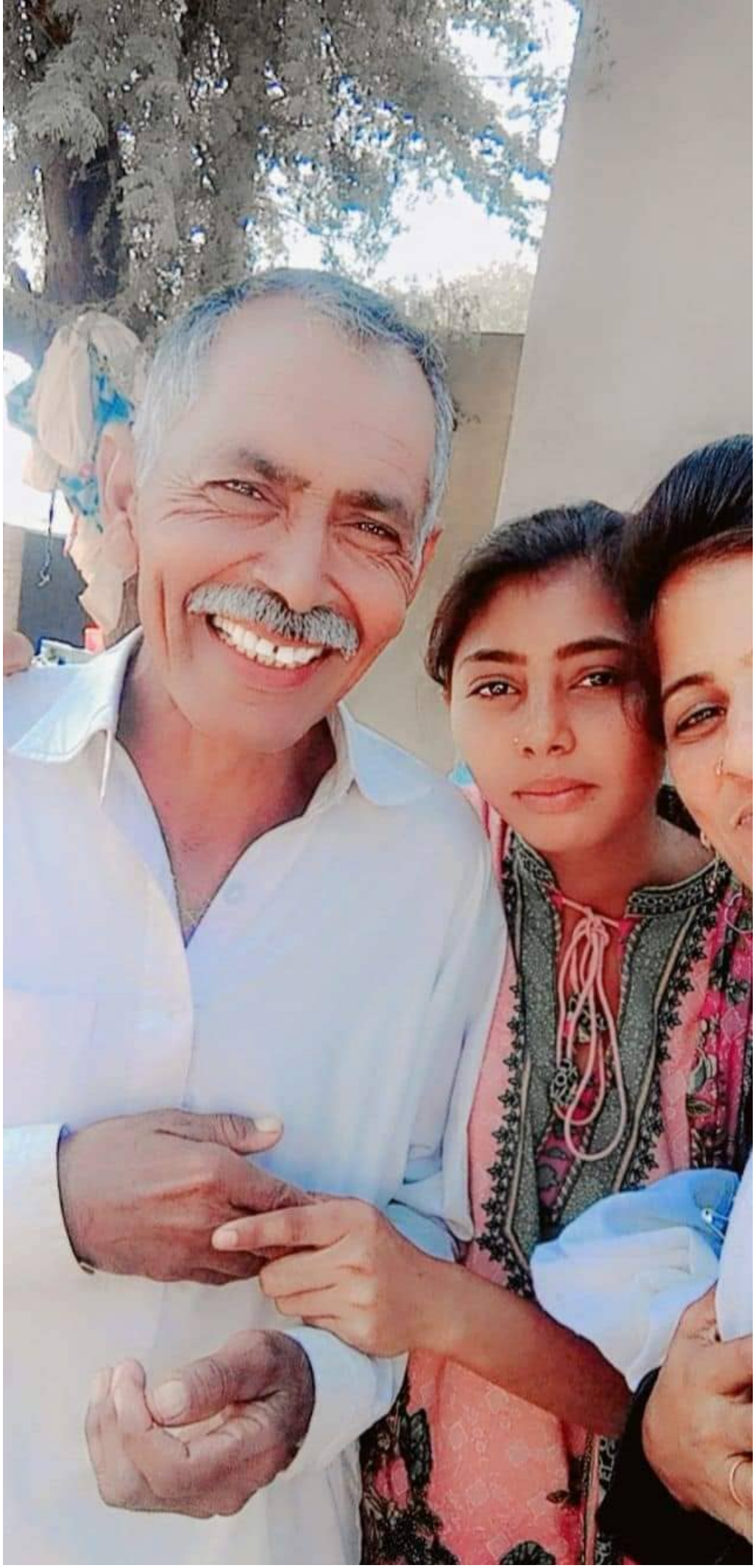


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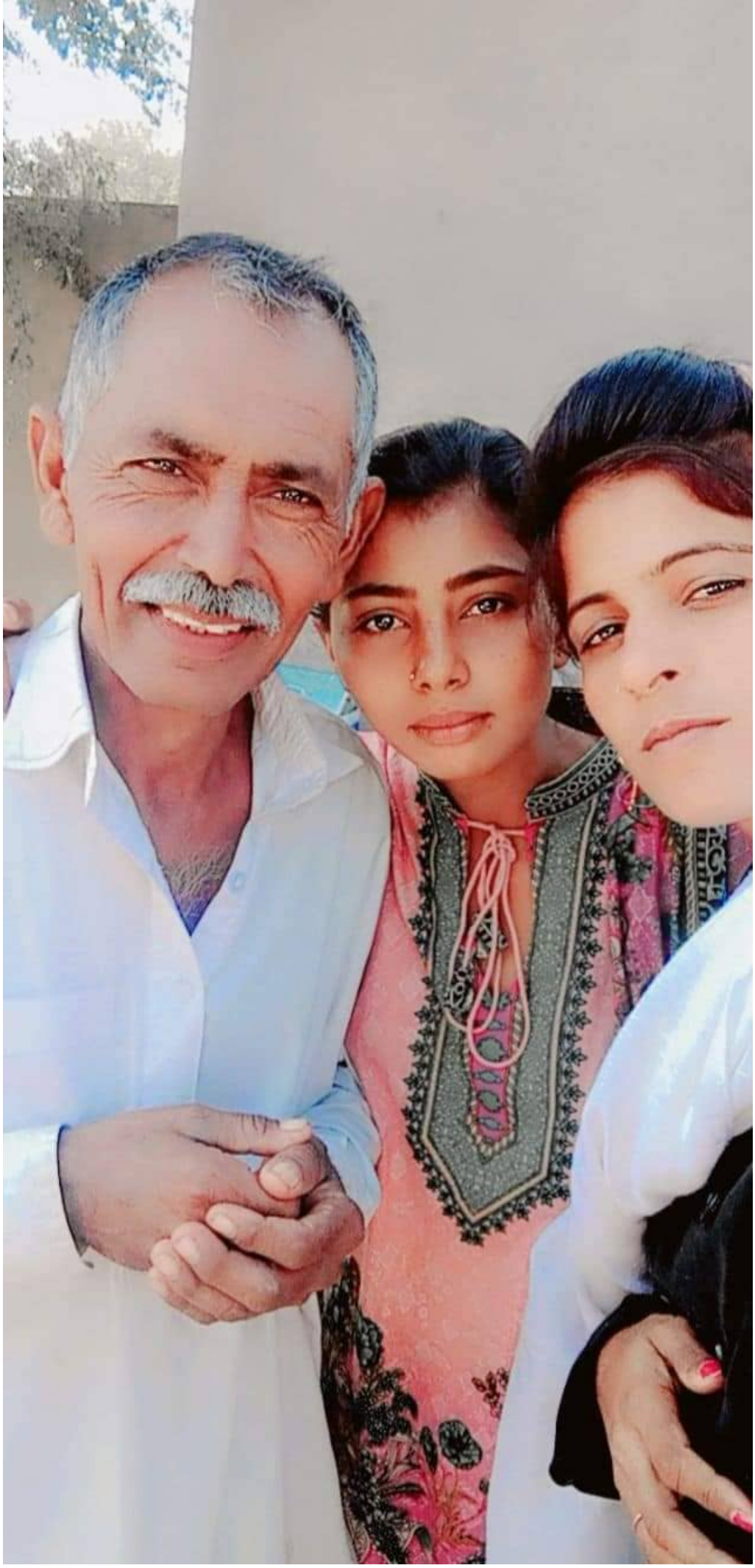


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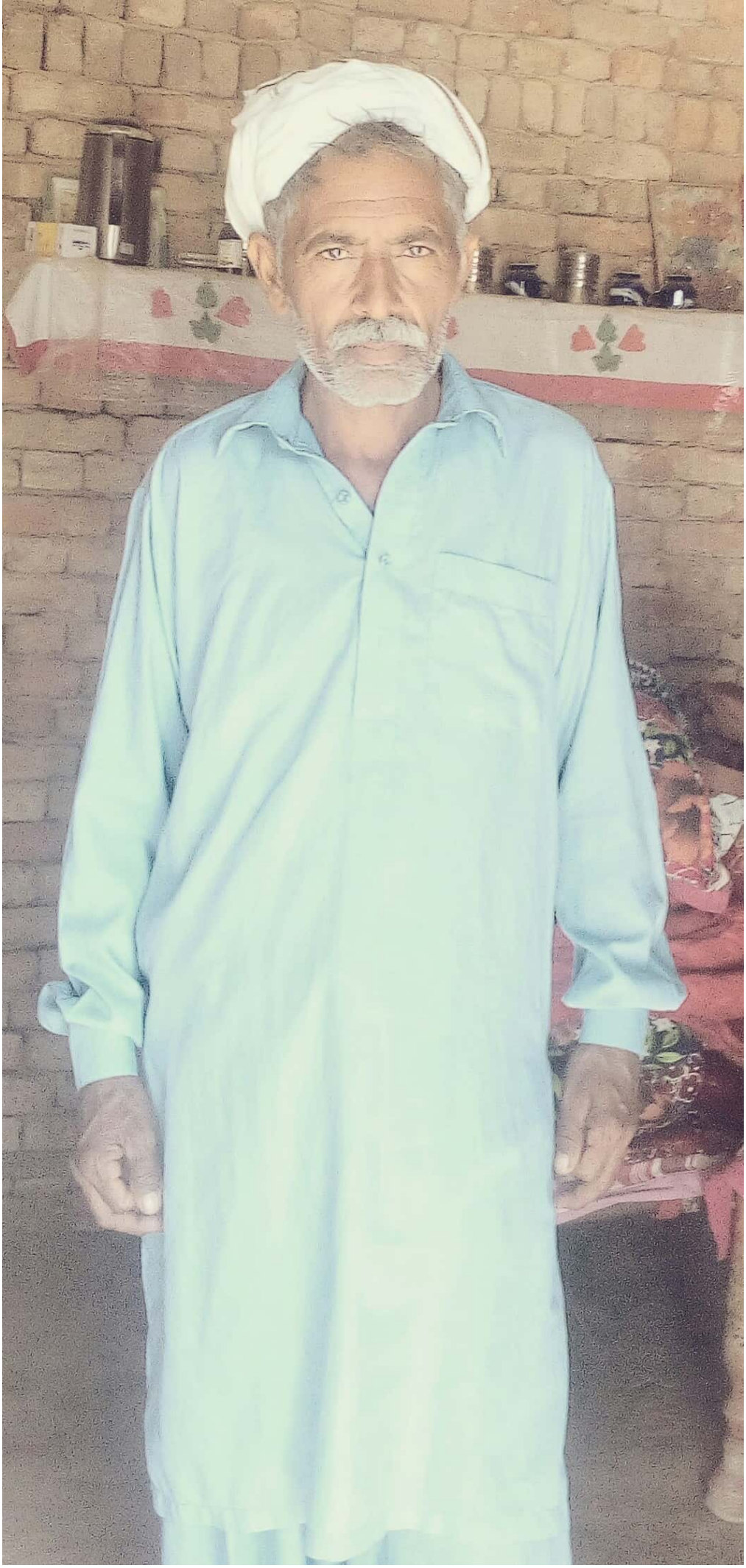
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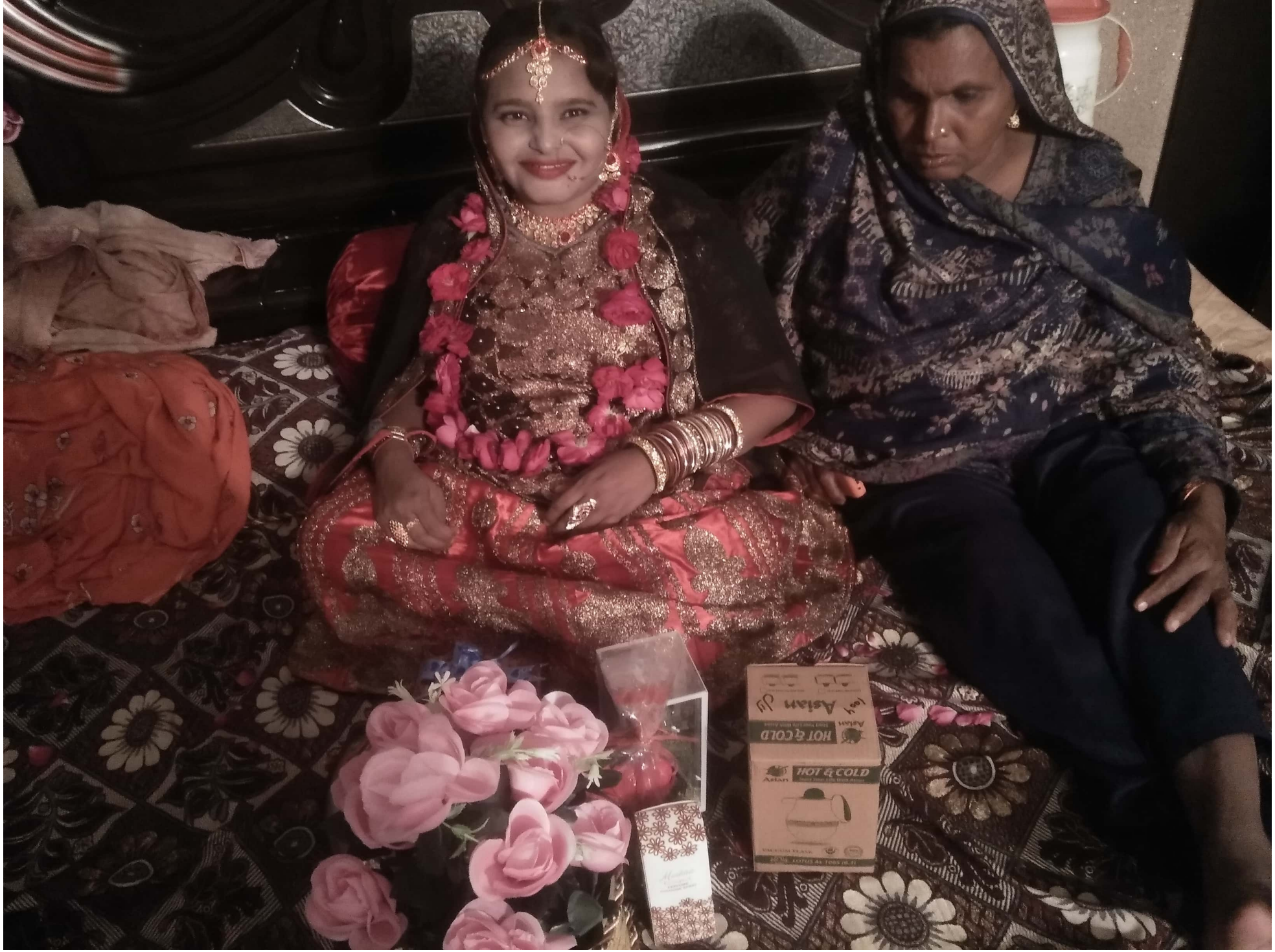
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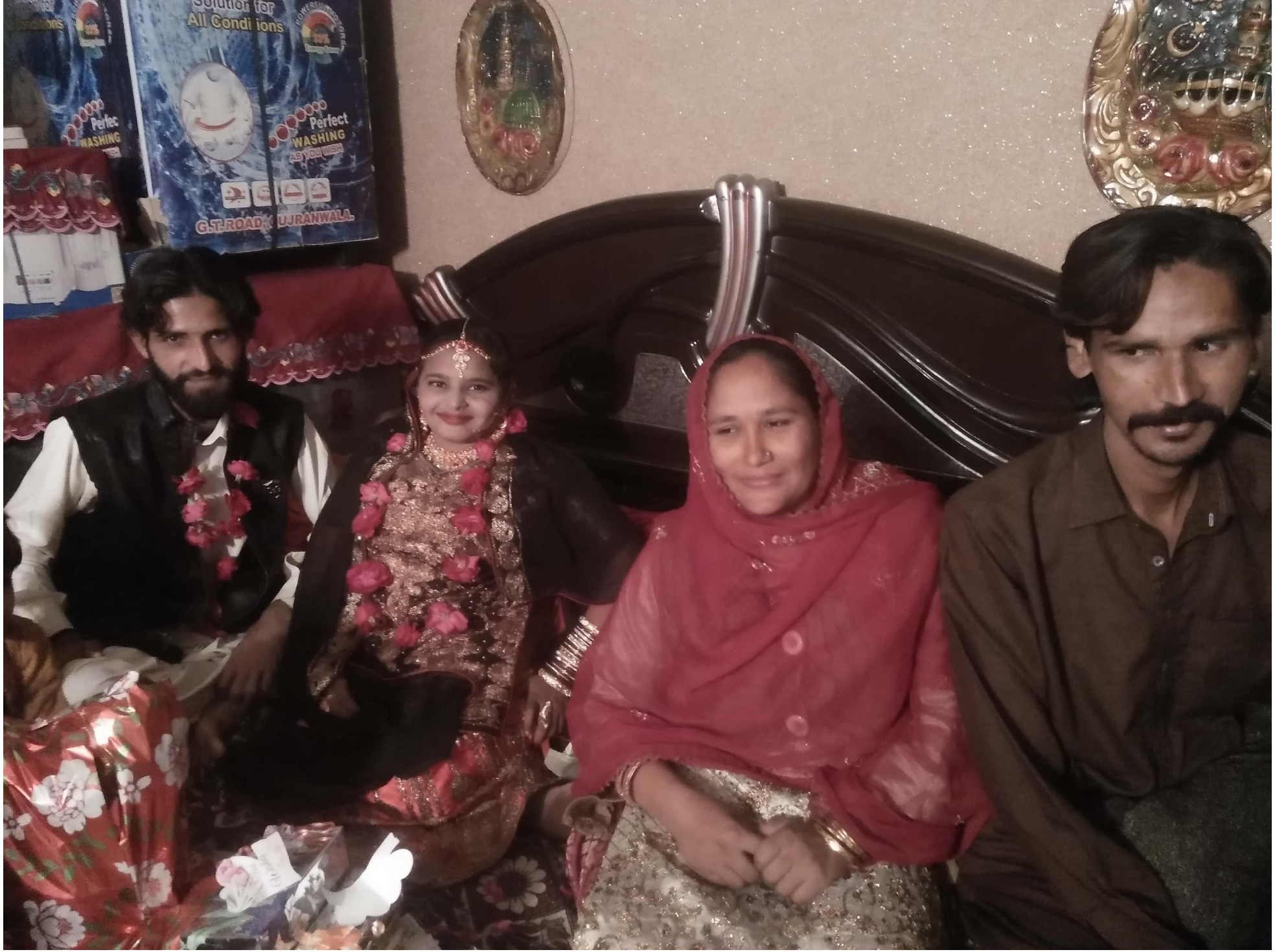
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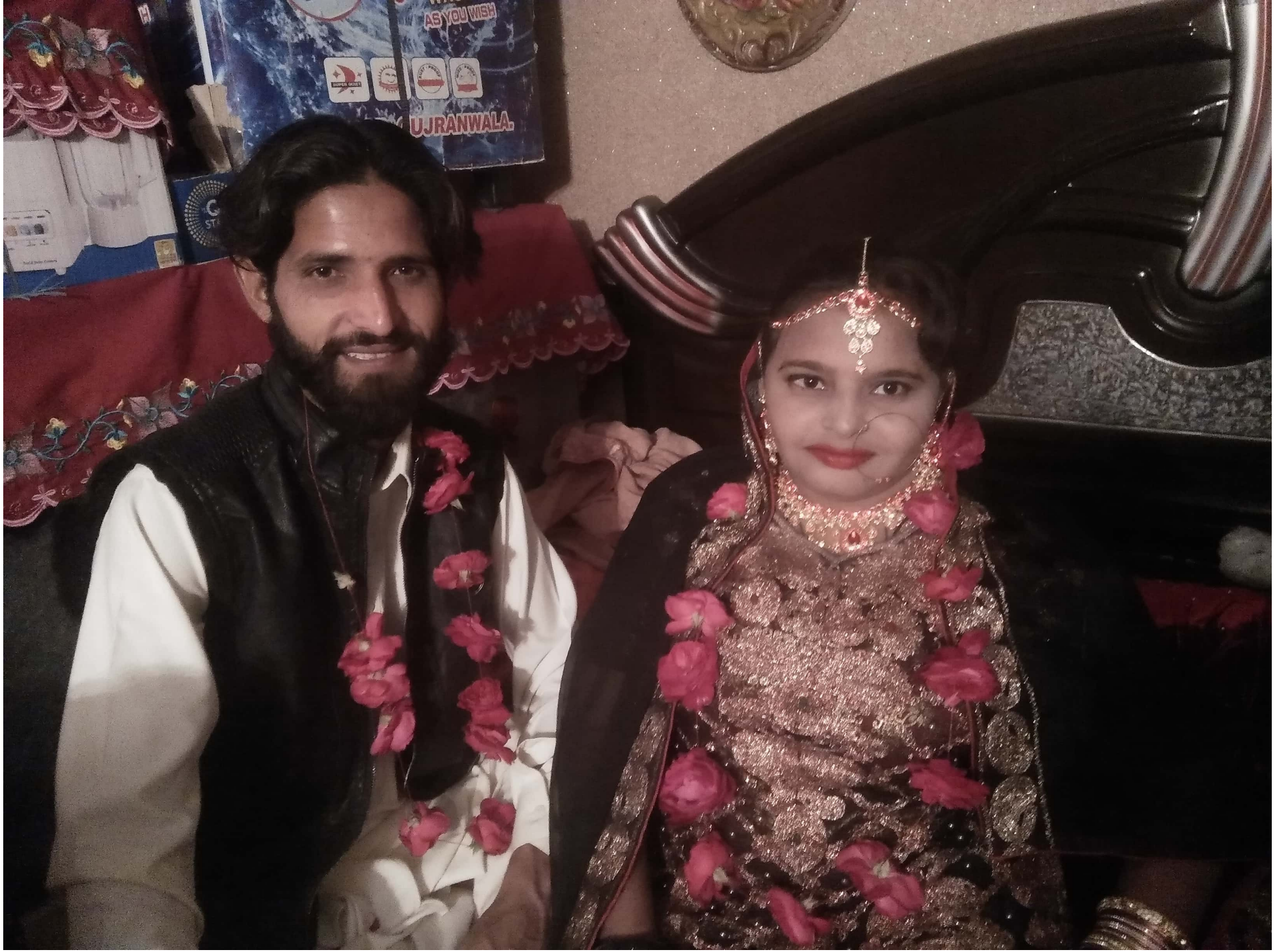
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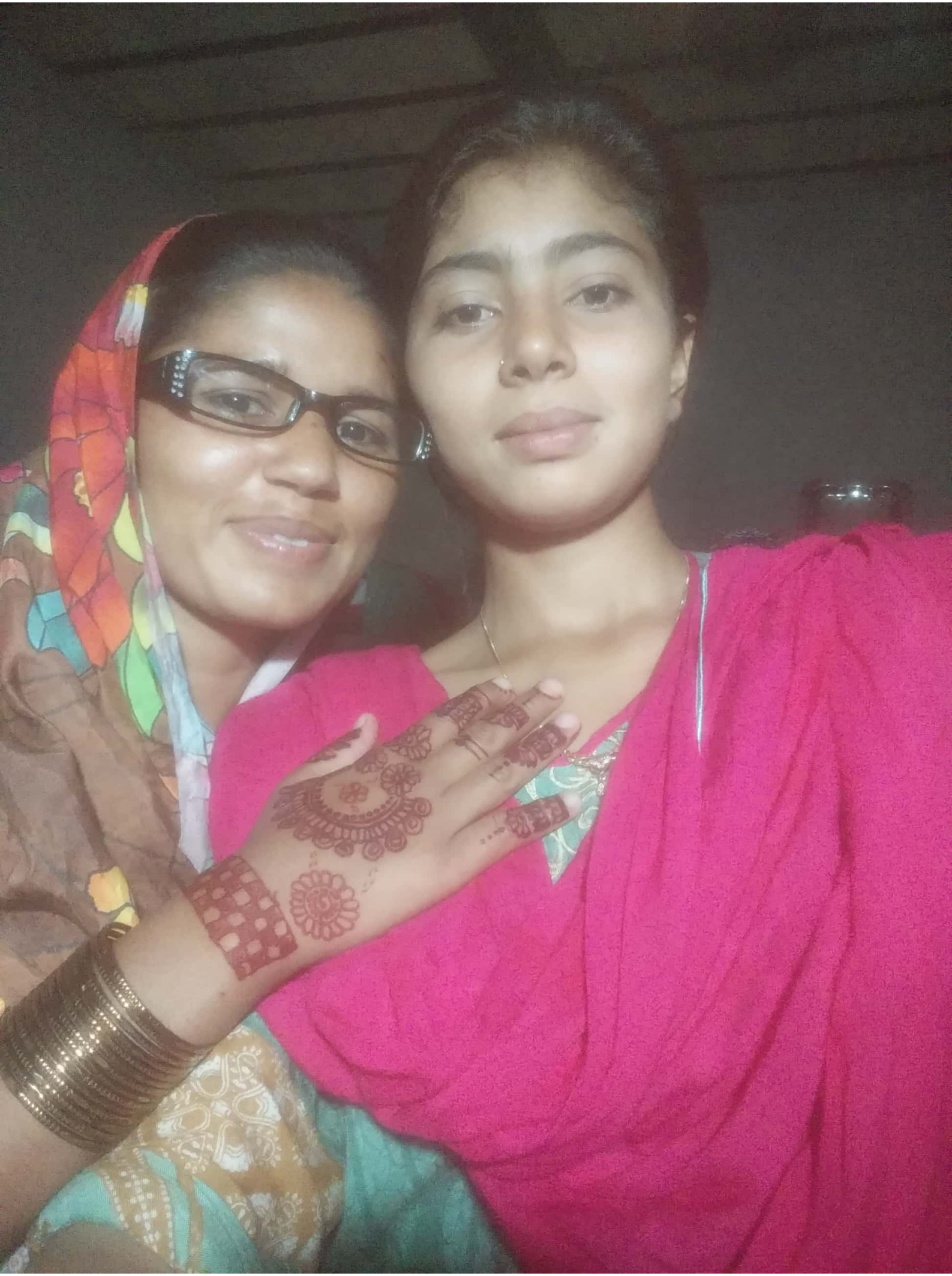
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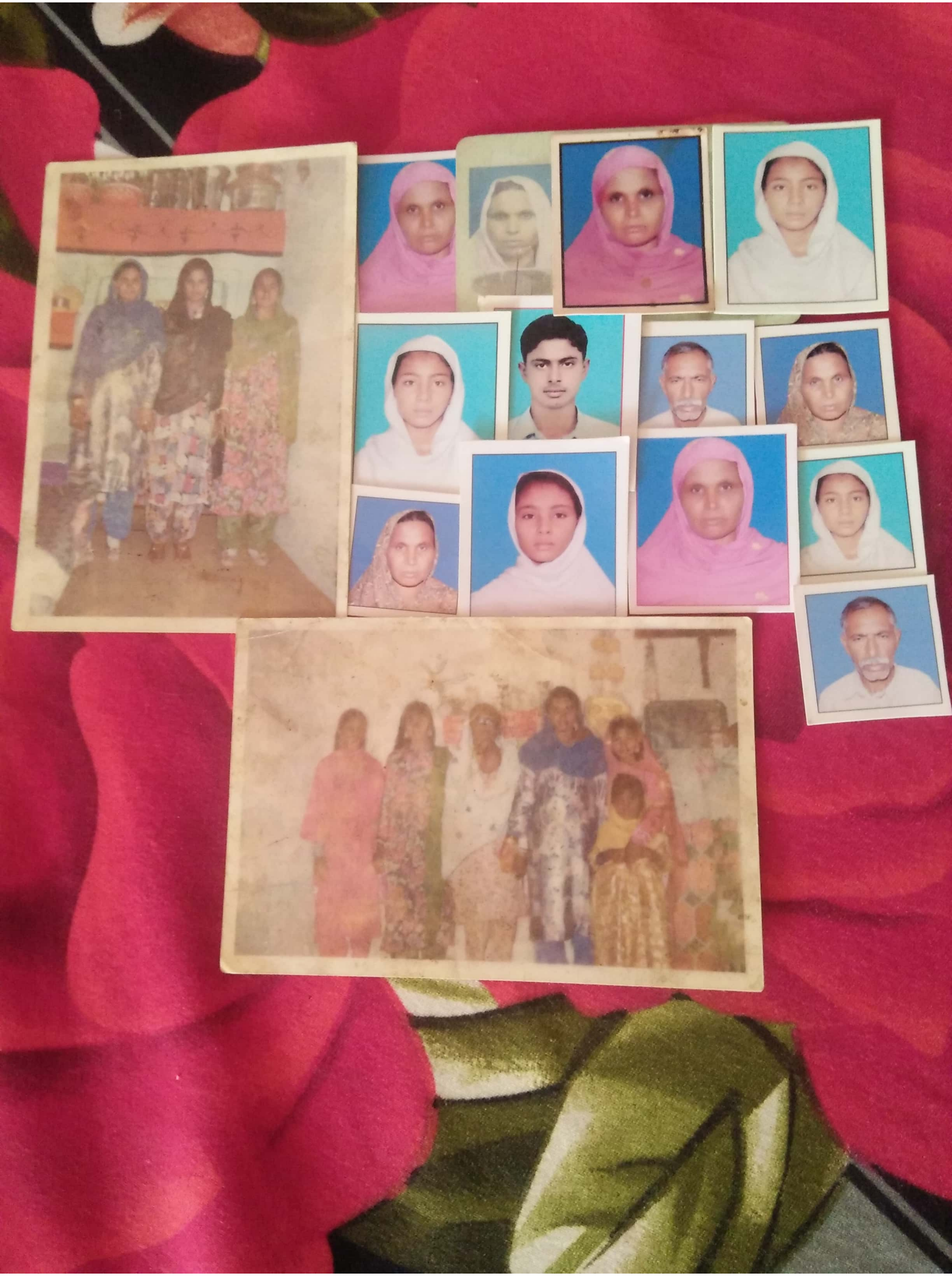
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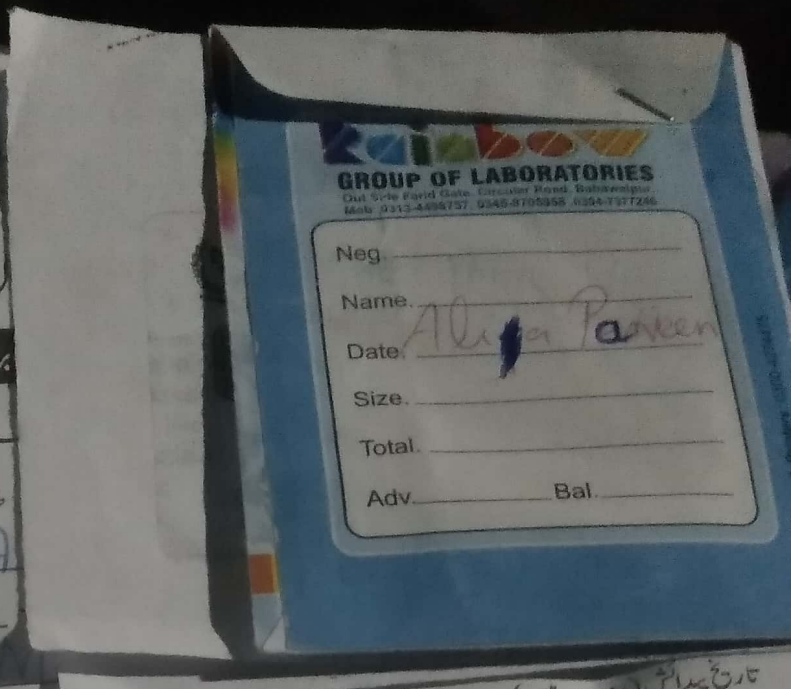


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...ی سکول چک نمبر 42/DB
...ن ضلع بہاولپور

برائے سال اوّل

...ا / آرٹس / آئی سی ایس گروپ

طالبہ کا شناختی کارڈ نمبر 31205-7610673-8

Name of Student (in BLOCK Letter) ALTA

قومیت اسلام ... (جوہان)

Fatther,s name (in BLOCK Letter) MUHA

تاریخ پیدائش (ہندسوں میں) 2006-11-15 (حروف میں) پندرہ نومبر دو ہزار چھ

وصولی درخواست کی آخری تاریخ تک عمر ... سال ... ماہ ... دن

والد / سرپرست کا نام محمد شفیق (...)

والد / سرپرست کا شناختی کارڈ نمبر 31205-2833344-1 سرپرست ہونے کی صورت میں طالبہ سے رشتہ والد

والد / سرپرست کا مستقل پتہ حلقہ نمبر 46 غربی کالونی ڈاک خانہ خاص 46 D.G تحصیل یزمان ضلع بہاولپور سالانہ آمدنی ... پیشہ مزدوری ذات چوہان (...)

موبائل نمبر 03084697781

نوٹ: طالبہ کا شناختی کارڈ نہ ہونے کی صورت میں فارم (ب) کی کاپی منسلک کرنا ہوگی۔

تعلیمی کوائف

امتحان کردہ	بورڈ	سال	سالانہ / ضمنی	بورڈ رول نمبر	حاصل کردہ نمبر	اختیاری مضامین	رجسٹریشن نمبر	سکول
میٹرک	41/DG	2021	سالانہ	755660	827	پہلی اینڈ فرسٹ فارسی اسلامیات اختیاری	1199348-46	GGHS 46/DB
ایف اے / ایف ایس سی / آرٹس								

...وانا چاہتی ہے۔

۱۔ انگریزی ۲۔ اردو ۳۔ اسلامیات لازمی

۱۔ پہلی اینڈ فرسٹ ۲۔ فارسی ۳۔ اسلامیات اختیاری

اقرار نامہ

...اگر میں نے ادارے کے قوائد و ضوابط کی خلاف ورزی کی تو ادارے کے سربراہ کو مکمل اختیار ہوگا کہ وہ جتنی مدت کے لئے چاہے ادارہ سے نکال دے، ...جرمانہ عائد کرے یا زیر مشاہدہ رکھے۔ ایسی صورت میں مجھے کسی عدالتی یا غیر عدالتی اچروفوئی کا حق حاصل نہ ہوگا۔

...میں اقرار کرتی ہوں کہ میں نہ تو کوئی سیاسی جماعت بناؤں گی اور نہ کسی تنظیم کی ممبر بنوں گی۔

...ادارہ کی مقرر کردہ یونیفارم پہن کر آؤں گی۔

...ادارہ کی ملکیت کو نقصان نہیں پہنچاؤں گی۔ بصورت میں والد / سرپرست نقصان کی تلافی کے ذمہ دار ہوں گے۔

...کلاسوں / امتحانات کے بائیکاٹ، ہڑتال، جلوس وغیرہ میں ملوث نہیں رہوں گی۔

...جبات مقررہ کردہ تاریخ تک ادا کروں گی۔

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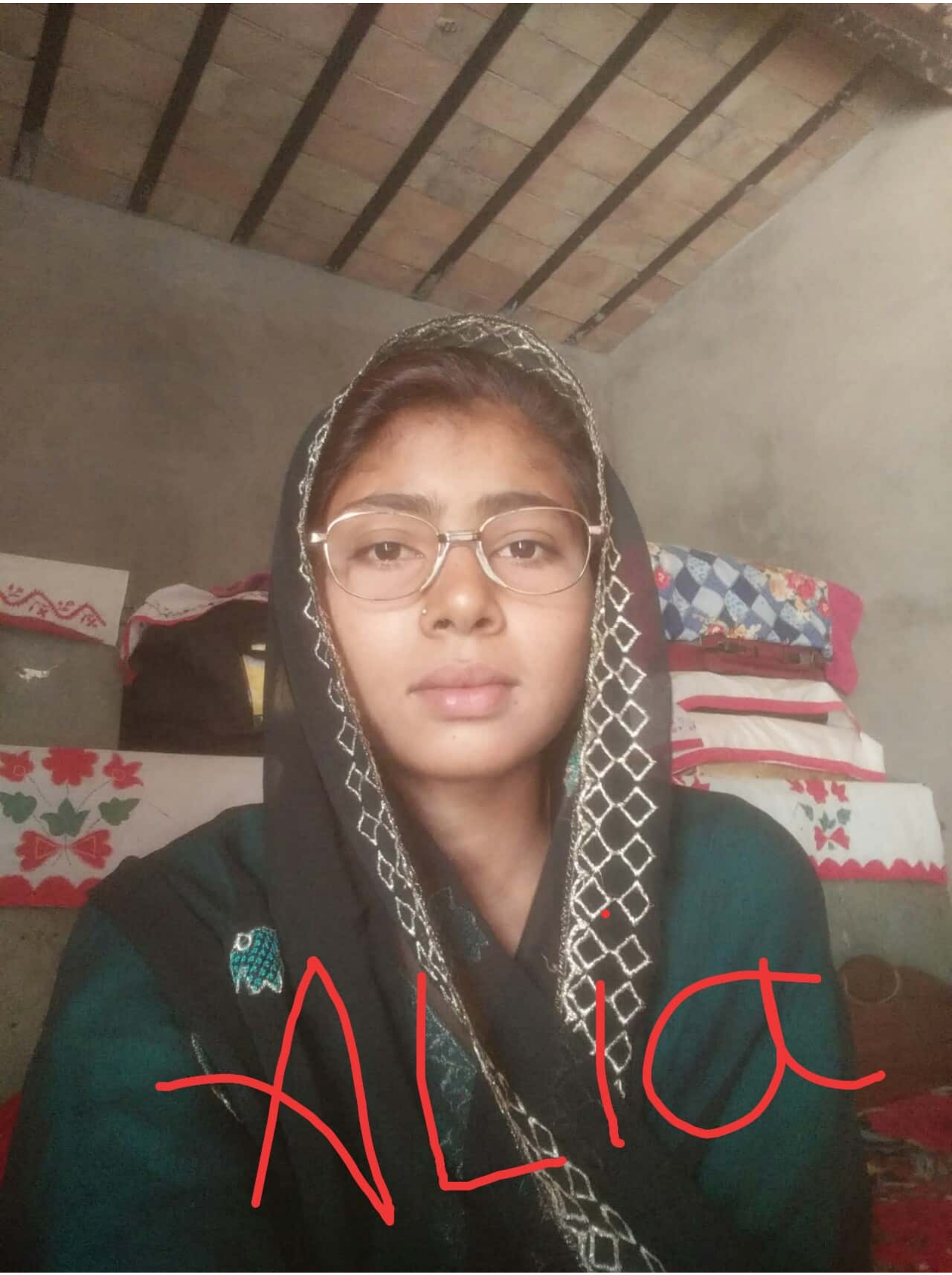
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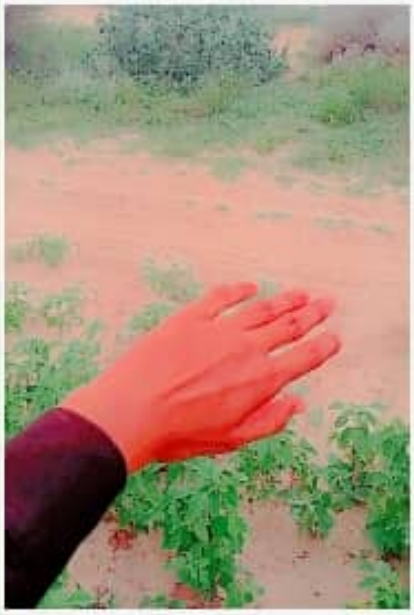


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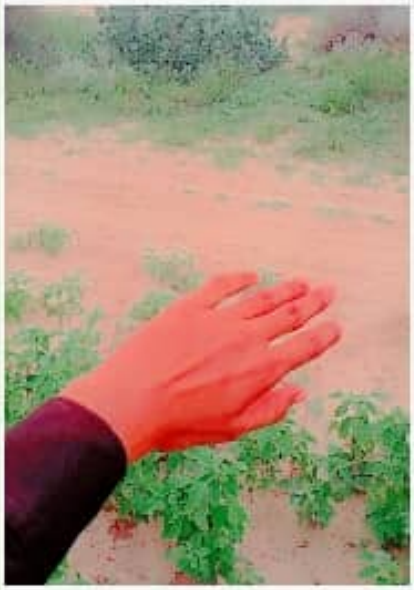


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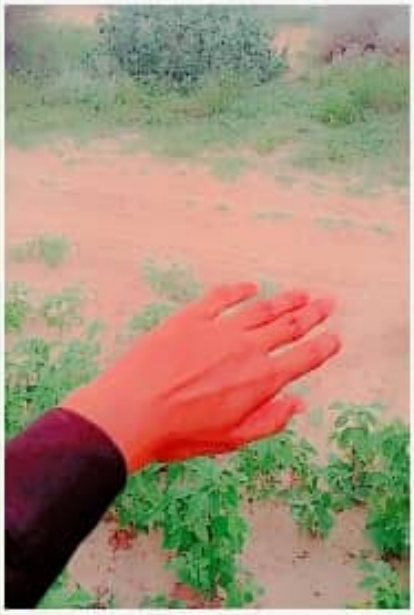




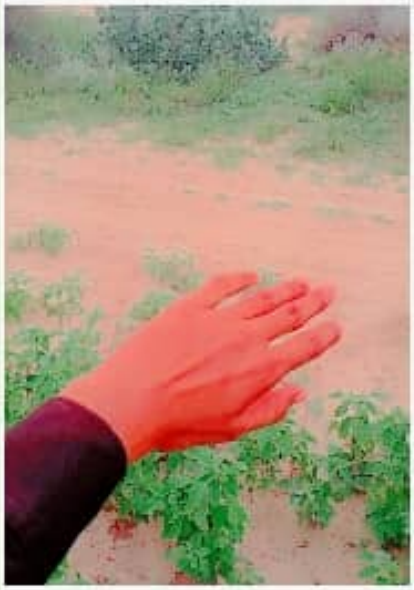
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Sunday

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Tuesday

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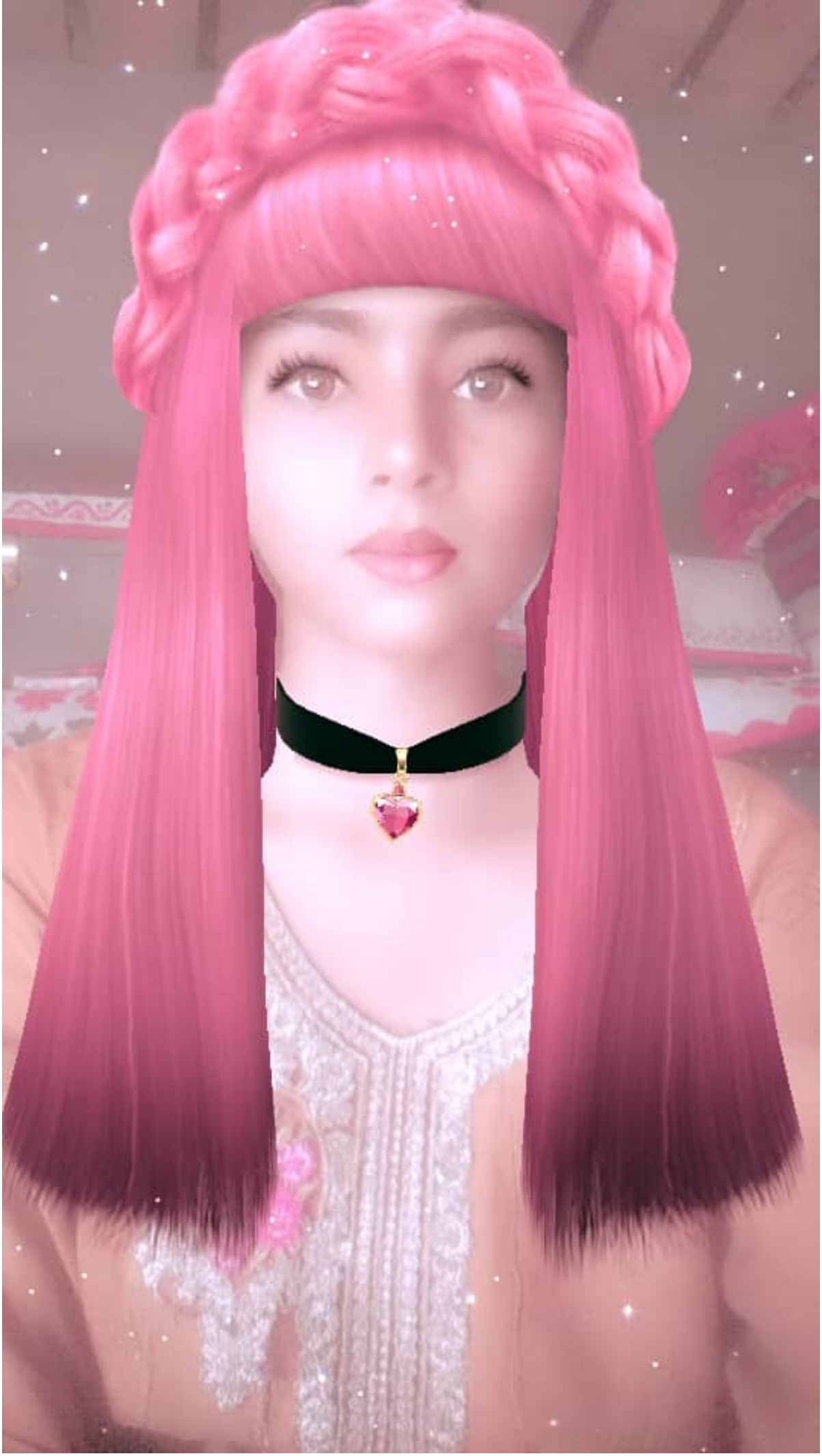
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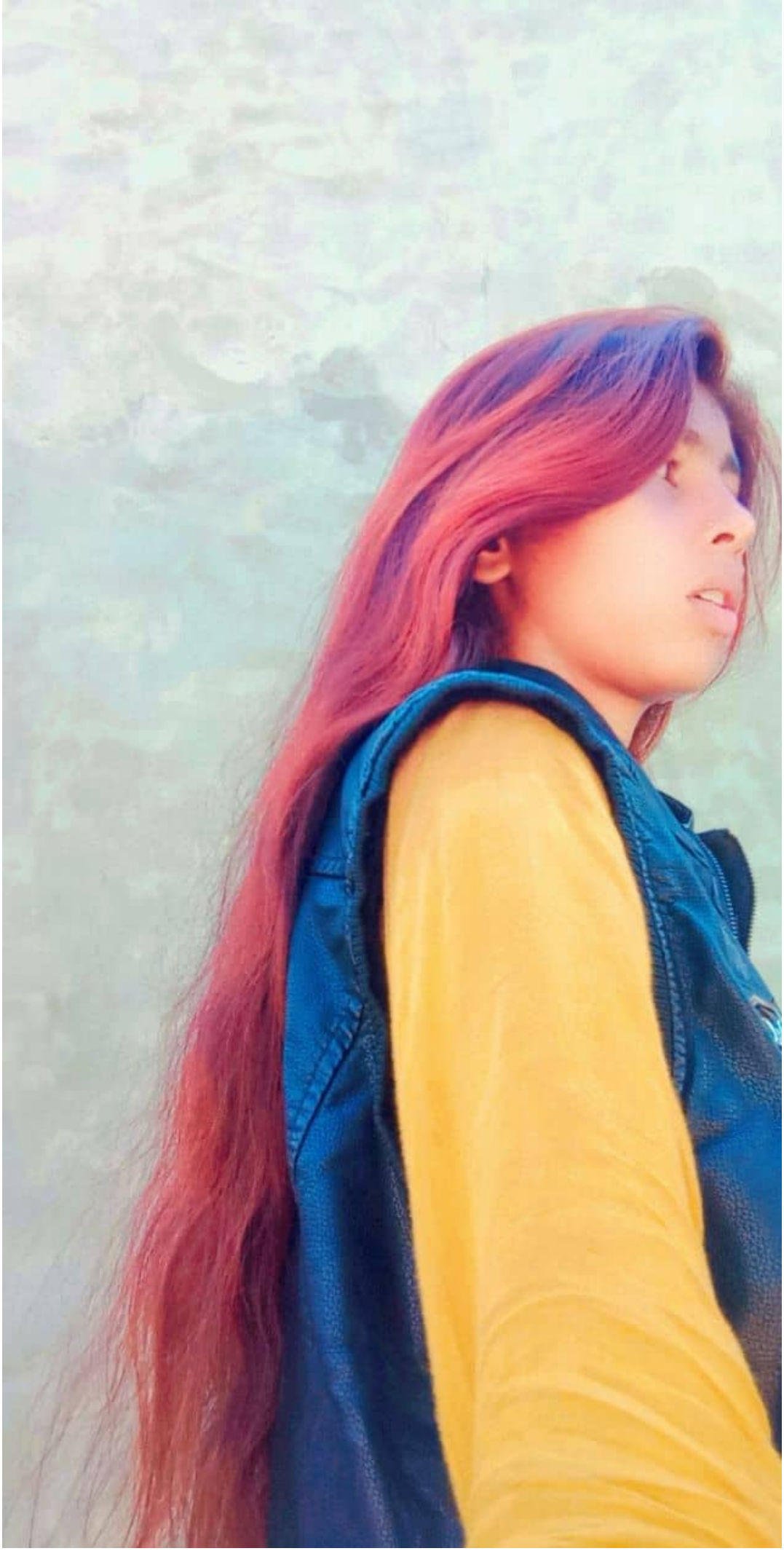
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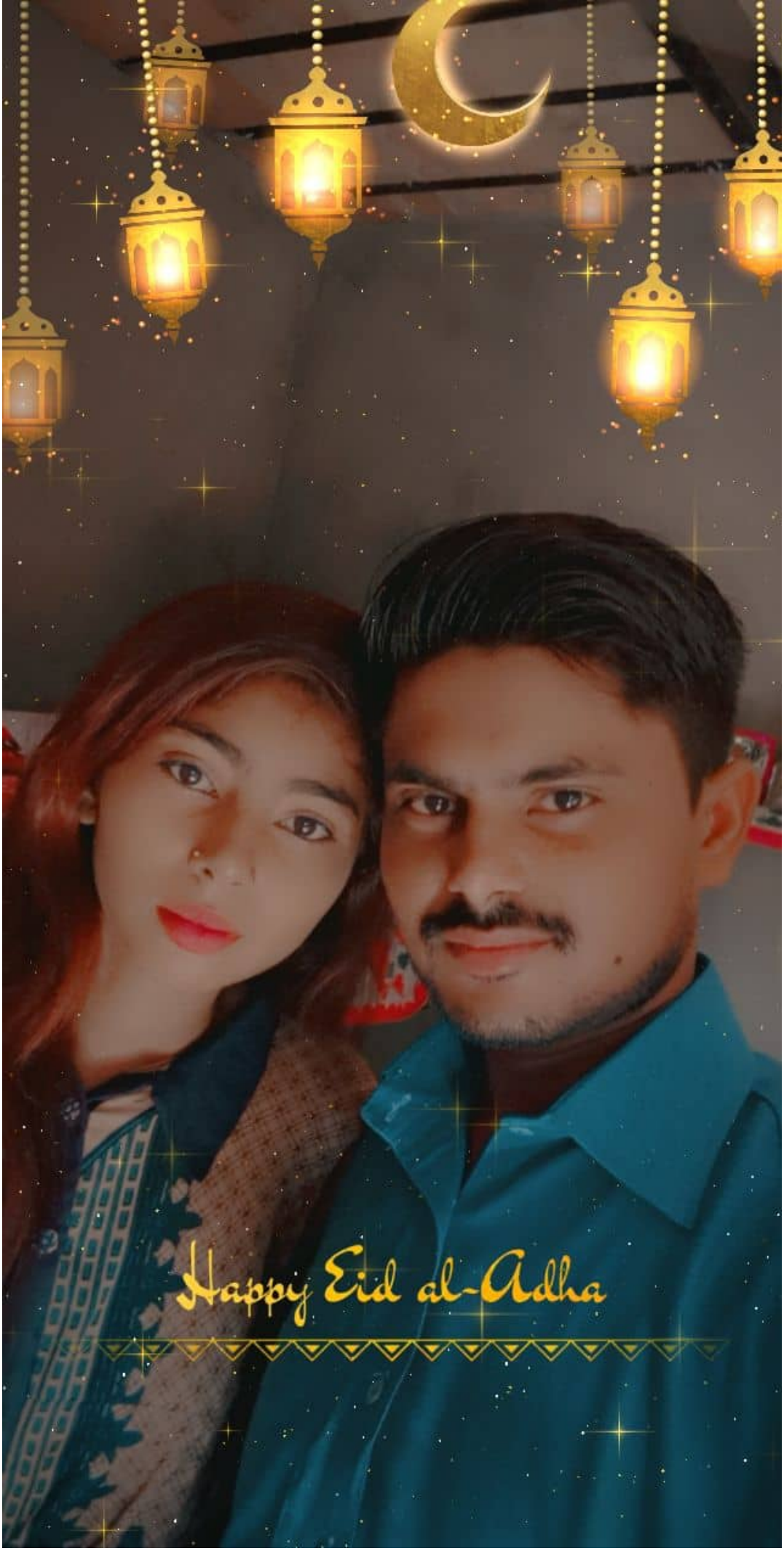
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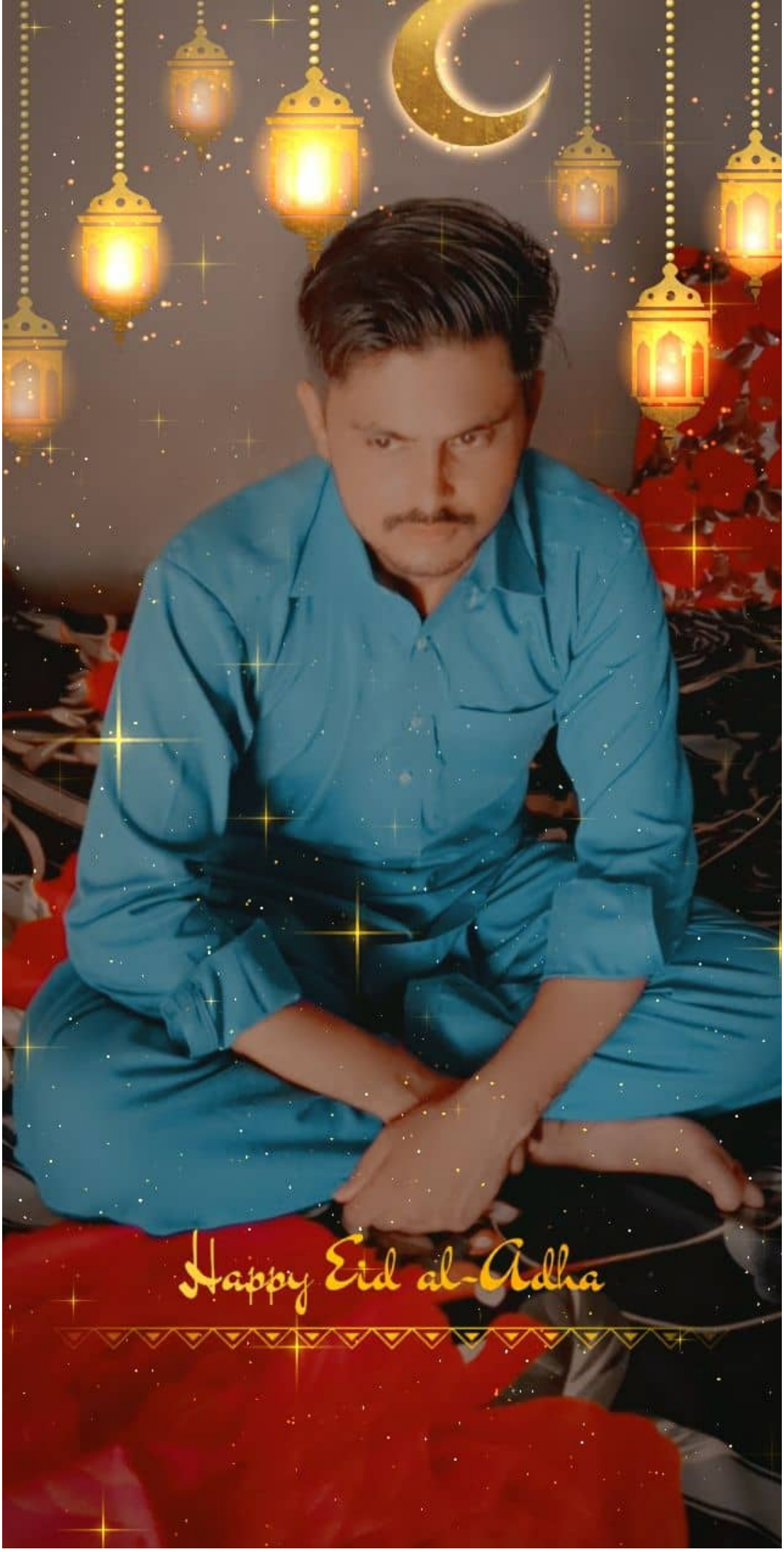


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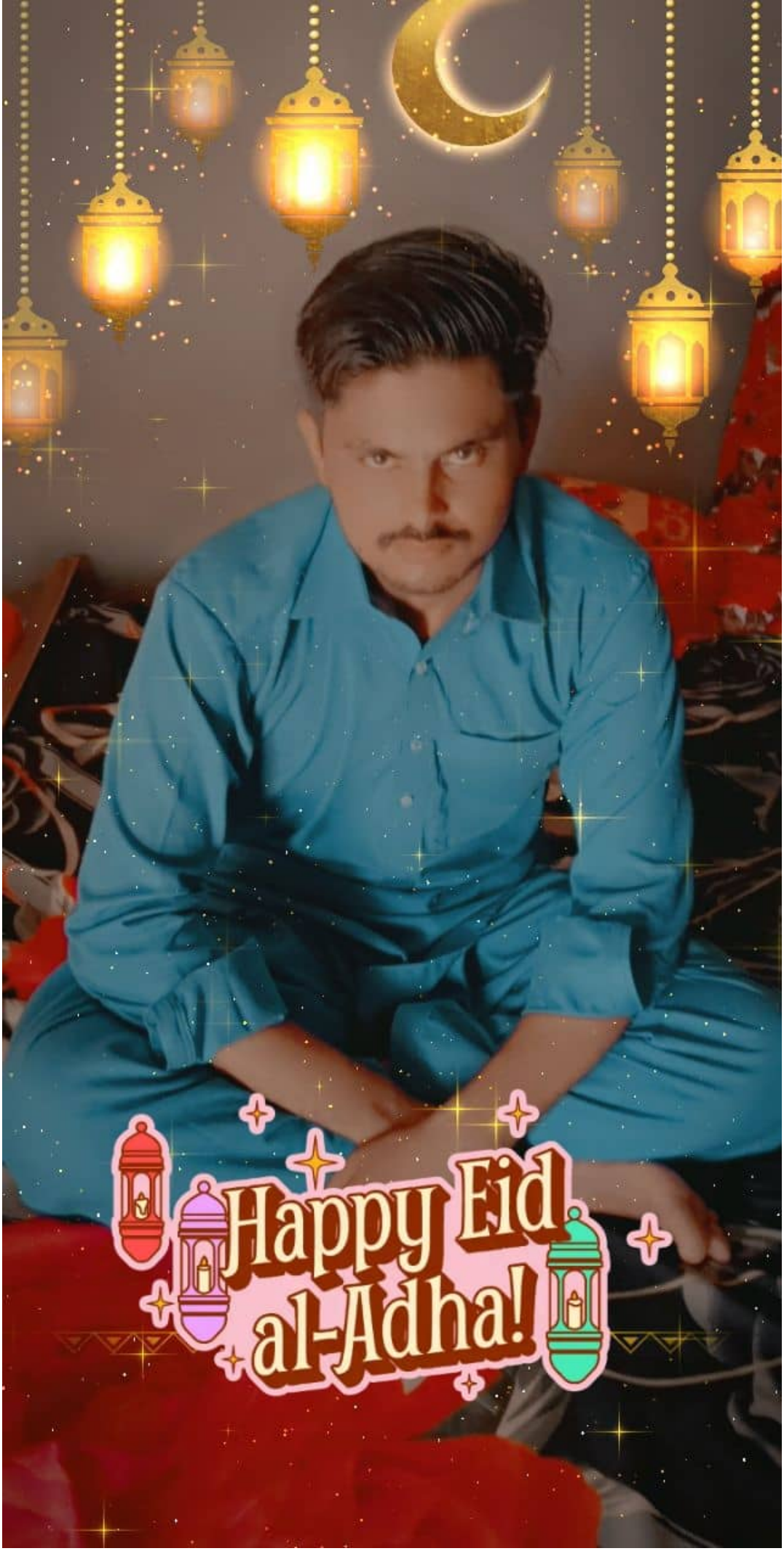
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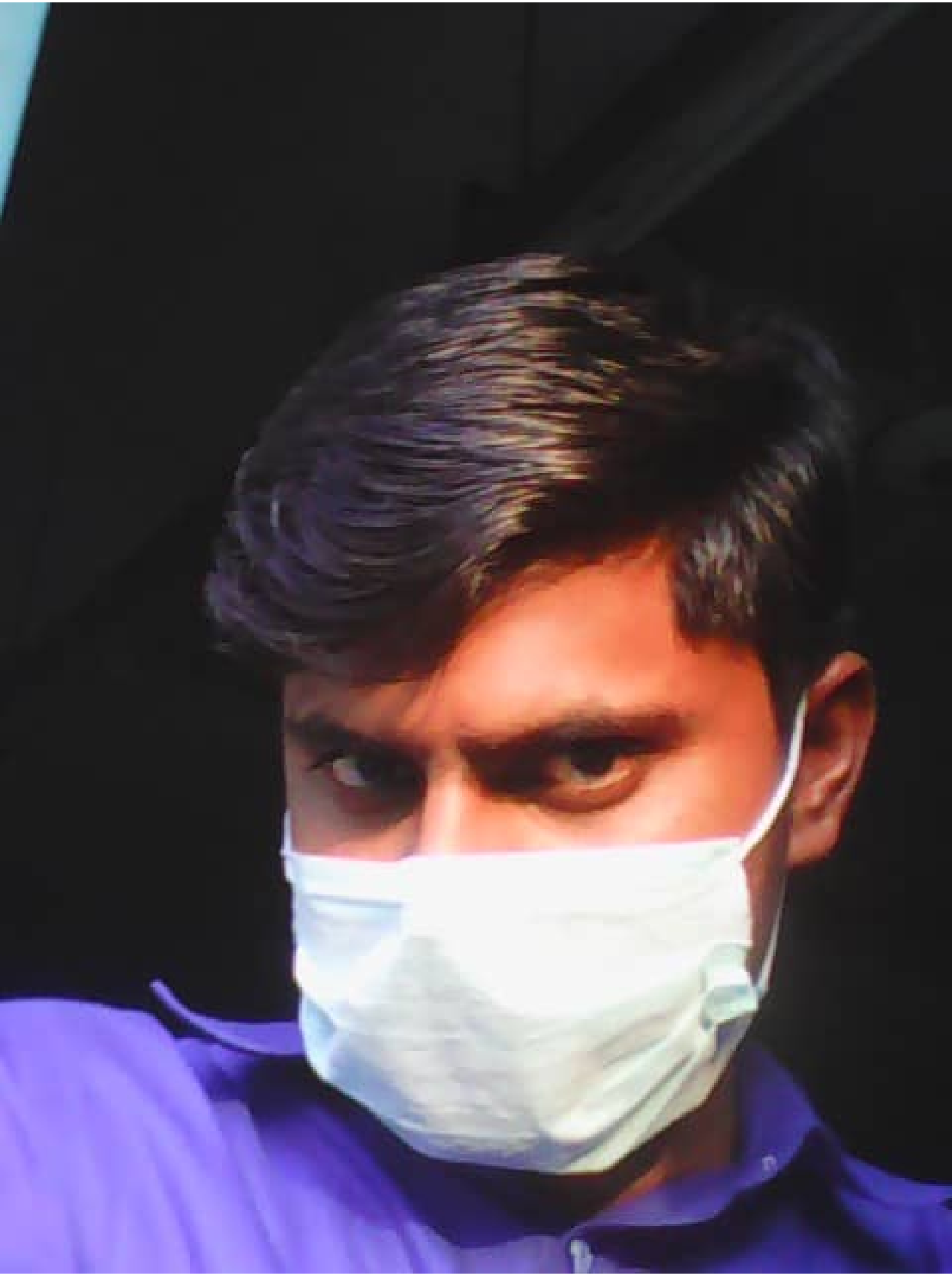
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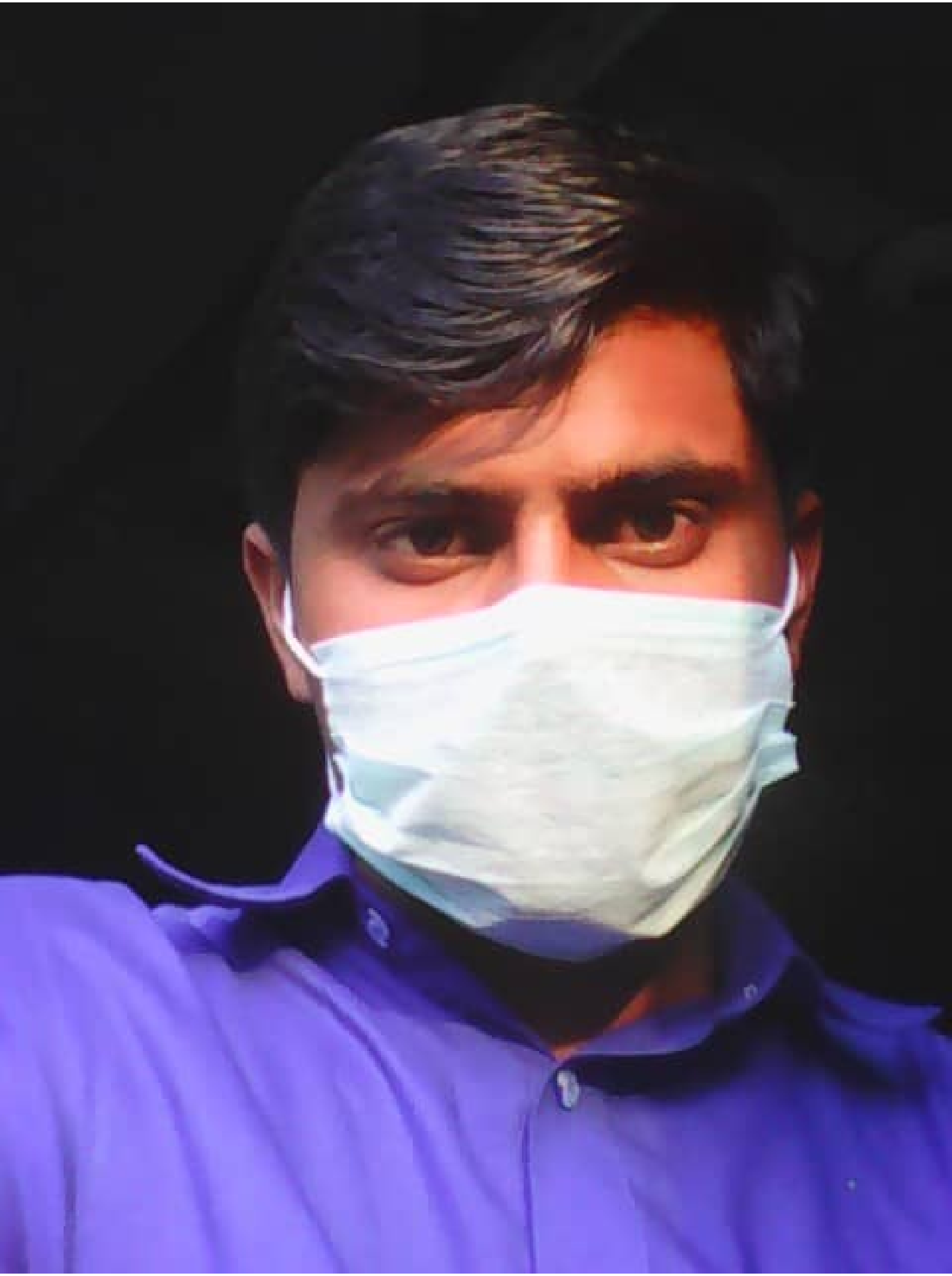
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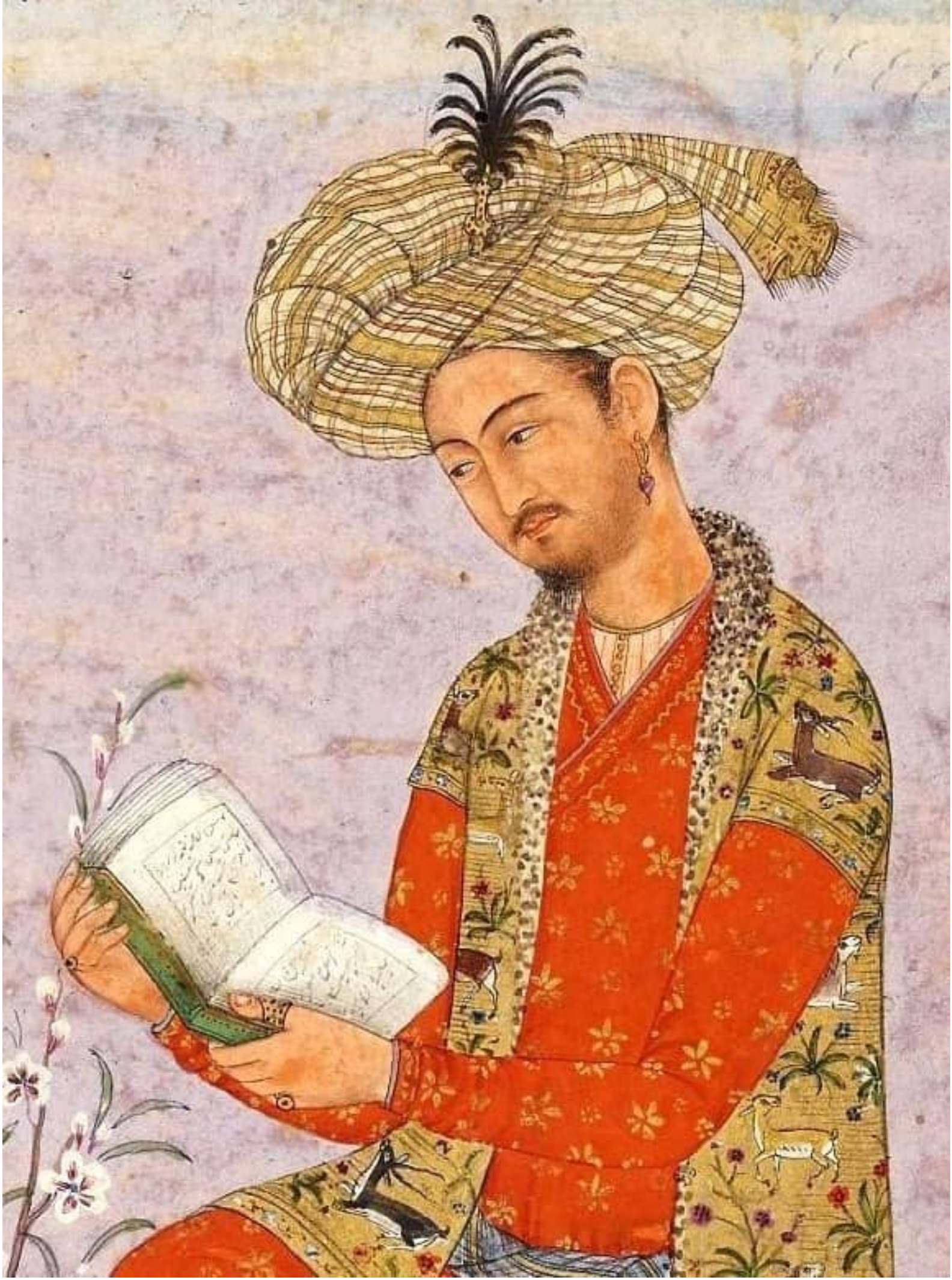
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"انسان سے بندہ بننے کا نسخہ بڑا آسان ہے"

صرف اتنا کرنا ہے کہ

* محنت کے بدلے میں جو مل جائے اس پر شکر کرو
* جو چھن جائے اس کا غم نہ کرو
* مانگنے والے کو جتنا دے سکتے ہو دو
* جو بھول جائے اسے بھول جاؤ
* اپنی ذات کے لیے ہجوم اکٹھا نہ کرو لوگوں سے اللہ کے لیے ملو
* کوئی پوچھے تو سچ بولو ورنہ چپ رہو
* کسی کو خود نہ چھوڑو کوئے چھوڑ جائے تو پیچھے نہ جاؤ

اور اگر جانے والا لوٹ آئے تو بڑھ کر اس کا استقبال کرو

کیونکہ یہ اللہ کی سنت ہے

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جڑی بوٹیاں اور حاصل ہونے والے فوائد

جڑی بوٹیوں کی دریافت کی تاریخ بھی اتنی ہی قدیم ہے جتنی انسان کی۔ دنیا کے ہر خطے میں انسان نے اپنے ارد گرد اگنے والے پودوں کا مشاہدہ کیا، یہ جانا کہ کون سے پودے کھانے کے قابل ہیں اور کون سے زہریلے ہیں، اور پھر ان علم کو اپنی نسلوں تک منتقل کیا۔ ابتدا میں یہ علم زبانی روایات، تجربات اور مشاہدات پر مبنی تھا۔ وقت کے ساتھ یہ علم باقاعدہ ایک سائنس بن گیا، جسے ہم آج ایتھنوبوٹنی (ethnobotany) کہتے ہیں۔ یہ سائنس بتاتی ہے کہ مختلف علاقوں کے لوگ اپنے ماحول کے مطابق کن پودوں کو کس طرح استعمال کرتے رہے ہیں۔



جڑی بوٹیوں کو کھانے کے علاوہ بھی بہت سے کام لیے جاتے ہیں۔ ان میں کئی پودوں میں ایسے طیران پذیر تیل (volatile oils) پائے جاتے ہیں جو کیڑوں کو دور رکھتے ہیں۔ مثلاً پودینہ، تلسی اور لیونڈر کی خوشبو مچھروں، مکھیوں اور چیونٹیوں کو پسند نہیں آتی۔ اسی لیے کئی کسان اور باغبان ان پودوں کو اپنے کھیت یا گھر کے آس پاس لگاتے ہیں تاکہ کیڑے مار ادویات کا استعمال کم ہو۔ کچھ جڑی بوٹیاں مٹی کی زرخیزی بڑھانے میں بھی مدد دیتی ہیں، جبکہ کچھ کے عرق یا جوشاندے سے گھریلو سطح پر قدرتی کیڑے مار محلول تیار کیا جاتا ہے۔



اپنے باغیچے کی جڑی بوٹیوں کا چناؤ

کھانا پکانے کے لیے جڑی بوٹیوں کا انتخاب کرتے وقت ذائقہ، خوشبو اور کھانے کی قسم کو مدِنظر رکھنا چاہیے۔ مثلاً اطالوی کھانوں کے لیے تلسی، اوریگانو اور روزمیری موزوں ہیں، جبکہ میکسیکن کھانوں میں دھنیا اور پودینہ زیادہ استعمال ہوتے ہیں۔ اسی طرح چینی کھانوں میں ادرک اور لیمن گراس کی خوشبو نمایاں ہوتی ہے۔ اس لیے پہلے یہ طے کریں کہ آپ کس قسم کا کھانا زیادہ پکانا چاہتے ہیں، پھر اسی کے مطابق پودوں کا انتخاب کریں۔



جڑی بوٹیوں کو اگانے کے لیے زمین کا انتخاب بہت اہم ہے۔ زیادہ تر جڑی بوٹیاں ایسی زمین پسند کرتی ہیں جو اچھی طرح نکاسی والی ہو، یعنی پانی وہاں کھڑا نہ رہے۔ بھاری اور چکنی مٹی میں ریت اور باغیچے کی کھاد ملا کر زمین کو ہلکا اور زرخیز بنایا جا سکتا ہے۔ کنٹینر میں اگانے والے پودوں کے لیے عام باغیچے کی مٹی کے بجائے تازہ پوٹنگ مکس استعمال کرنا بہتر ہوتا ہے، کیونکہ باغیچے کی مٹی کنٹینر میں جلد سخت ہو جاتی ہے اور جڑوں کو مناسب ہوا نہیں ملتی۔



جڑی بوٹیوں کو پانی دینے کا طریقہ بھی اہم ہے۔ زیادہ تر جڑی بوٹیاں ہفتے میں دو سے تین بار اچھی طرح پانی مانگتی ہیں، لیکن ہر روز تھوڑا تھوڑا پانی دینا بہتر نہیں۔ اس سے جڑیں اوپر کی طرف آ جاتی ہیں اور پودا کمزور ہو جاتا ہے۔ بہتر یہ ہے کہ پانی کم دیں مگر گہرا دیں، تاکہ جڑیں نیچے تک جائیں۔ صبح کے وقت پانی دینا سب سے اچھا ہے، کیونکہ اس وقت پودے دن بھر کی گرمی سے پہلے پانی جذب کر لیتے ہیں۔ شام کو پانی دینے سے رات کو نمی زیادہ دیر تک رہتی ہے، جو فنگس کے پھیلنے کا سبب بن سکتی ہے۔



جڑی بوٹیوں کے اجزاء

روزمیری: ذہنی یادداشت بڑھائے

روزمیری اپنی خوشبو اور ذائقے کے لیے مشہور ہے، اور اس کی یہ خوبی اسے کھانا پکانے میں بہت مقبول بناتی ہے۔ اس میں موجود مرکبات دماغ کی کارکردگی بہتر بنانے، یادداشت مضبوط کرنے اور توجہ بڑھانے میں مدد دیتے ہیں۔ کئی تحقیقات سے معلوم ہوا ہے کہ روزمیری کی خوشبو سونگھنے سے بھی ذہنی صلاحیت پر مثبت اثر پڑتا ہے، اسی لیے اسے یادداشت بڑھانے والی جڑی بوٹی کہا جاتا ہے۔ اس کا استعمال نہ صرف کھانے کا ذائقہ بڑھاتا ہے بلکہ جسم کو کئی فائدے بھی پہنچاتا ہے۔ روزمیری میں موجود کارنوسک ایسڈ اور روزمارینک ایسڈ جیسے اجزاء جسم کو آزاد ریڈیکلز سے بچاتے ہیں، جو خلیوں کو نقصان پہنچا کر بڑھاپے اور بیماریوں کا سبب بنتے ہیں۔ یہ اجزاء سوزش کم کرنے میں بھی مدد دیتے ہیں، اس لیے روزمیری کو اینٹی آکسیڈنٹ اور سوزش کم کرنے والی جڑی بوٹی کہا جاتا ہے۔

میتھی جسم کی چربی کو پگھلانے میں مدد دیتی ہے

میتھی کے بیج کی چائے وزن کم کرنے کے لیے بہت مشہور ہے۔ اس میں موجود ریشہ دار مادے بھوک کو کنٹرول کرتے ہیں، جس سے کھانے کی مقدار خود بخود کم ہو جاتی ہے۔ اس کے علاوہ یہ جسم میں چربی کے جمع ہونے کے عمل کو بھی سست کرتی ہے، جس سے وزن کم کرنے کے سفر میں یہ ایک بہترین مدد گار ثابت ہوتی ہے۔ میتھی کے بیج کو رات بھر پانی میں بھگو کر صبح خالی پیٹ کھانے سے اس کے فوائد زیادہ بہتر طریقے سے حاصل ہوتے ہیں۔



تلسی: تلسی کی چائے اعصاب کو طاقت دیتی ہے اور حافظہ تیز کرتی ہے

تلسی کو ہر گھر میں اگایا جاتا ہے، اور اس کی یہ وجہ اس کے بے شمار فوائد ہیں۔ یہ جڑی بوٹی صدیوں سے آیورویدک طب میں استعمال ہوتی آ رہی ہے اور اسے جسم کی قدرتی دوا کہا جاتا ہے۔ تلسی کی چائے ذہنی دباؤ کو کم کرنے، یادداشت بہتر بنانے اور نیند کا معیار بڑھانے میں مدد دیتی ہے۔ اس کے پتوں میں موجود یوجینول اور کارواکرول جیسے مرکبات جسم کو انفیکشن سے بچاتے ہیں اور قوتِ مدافعت کو مضبوط بناتے ہیں۔ اسی لیے تلسی کو ایک طاقتور جڑی بوٹی مانا جاتا ہے۔



پودینہ: پودینہ ہاضمے کو بہتر بناتا ہے، شاندار ذائقے اور ٹھنڈک کا تجربہ دیتا ہے، ہیضہ میں مفید ہے

پودینہ ایک ایسی جڑی بوٹی ہے جسے کھانے کی دنیا میں کوئی نہیں بھولتا۔ اس کی تازگی بخش خوشبو اور ٹھنڈک کا احساس ہر کسی کو پسند آتا ہے۔ یہ صرف ذائقہ ہی نہیں بڑھاتا بلکہ ہاضمے کو بہتر بنانے، متلی دور کرنے اور منہ کی بدبو ختم کرنے میں بھی مدد دیتا ہے۔ پودینہ کی چائے گرمیوں میں ٹھنڈک کا بہترین ذریعہ ہے، جبکہ اس کا عرق سر درد اور ہیضہ میں بھی فائدہ مند ہوتا ہے۔



اوریگانو: اوریگانو ہے کیا، یہ کیسے کام کرتا ہے

اوریگانو ایک خوشبودار جڑی بوٹی ہے جسے اطالوی کھانوں میں بہت زیادہ استعمال کیا جاتا ہے۔ اس کی چائے کا ذائقہ ہلکا سا تیز اور خوشبودار ہوتا ہے، جو سردیوں میں گلے کی خراش اور کھانسی میں بہت فائدہ دیتا ہے۔ اوریگانو میں موجود کارواکرول اور تھائمول جیسے مرکبات جسم کو انفیکشن سے بچاتے ہیں اور قوتِ مدافعت کو مضبوط بناتے ہیں۔ اسی لیے اسے ایک طاقتور جڑی بوٹی مانا جاتا ہے۔



جڑی بوٹیاں سارے سال کیسے مہیا کی جائیں؟

موسم کے لحاظ سے پودے کے لیے جگہ کا انتخاب بہت اہم ہوتا ہے۔ کچھ جڑی بوٹیاں گرم موسم کے لیے موزوں ہوتی ہیں، جبکہ کچھ ٹھنڈے موسم میں بہتر اگتی ہیں۔ اس لیے اپنے علاقے کے موسم کو سمجھ کر ہی پودے لگانا چاہیے۔ اگر آپ کے پاس باغیچہ نہیں ہے تو بھی کوئی بات نہیں، آج کل گملوں میں بھی جڑی بوٹیاں بہت آسانی سے اگائی جا سکتی ہیں۔ بس ان کے لیے روشنی، پانی اور مناسب جگہ کا خیال رکھنا ضروری ہے۔



پتیاں اور پھول تنھائے

پودے کے زندہ حصوں میں پتیوں سے پانی کا بخارات بن کر اڑنا سب سے زیادہ ہوتا ہے۔ اصل میں جڑوں میں جو پانی کے خصوص بالوں سے جذب ہوتا ہے وہ پتیوں تک پہنچتا ہے۔ اس سے پودے کو اپنے درجۂ حرارت کو برقرار رکھنے میں مدد ملتی ہے۔ اگر پتیوں سے پانی کا بخارات بننا بند ہو جائے تو پودے کا درجۂ حرارت بڑھ جاتا ہے اور وہ مرجھانے لگتا ہے۔ اس لیے پودے کی زندگی کے لیے پتیوں سے پانی کا بخارات بننا ضروری ہے۔

پتیوں سے پانی کے بخارات بننے کی رفتار کا انحصار کئی باتوں پر ہوتا ہے۔ مثلاً پتیوں کی ساخت، ان کی سطح کا رقبہ، ان پر موجود روئیں، ان کی موٹائی، ان کے روزنوں کی تعداد اور ان کا کھلا یا بند ہونا۔ اس کے علاوہ ہوا کا درجۂ حرارت، اس کی نمی اور ہوا کی رفتار بھی اس عمل پر اثر ڈالتی ہیں۔ مثلاً اگر ہوا خشک ہو اور تیز چل رہی ہو تو پتیوں سے پانی کے بخارات بننے کا عمل بہت تیز ہو جاتا ہے۔ اسی طرح اگر زمین میں پانی کی کمی ہو تو بھی پودا اپنی پتیوں سے پانی کے بخارات بننے کی رفتار کم کر دیتا ہے۔



شربت بنانے کے لیے پانی کو کیسے گرم کرنا

کسی بوٹی کو کھانے کے قابل بنانے کے لیے اسے پکانا پڑتا ہے۔ پکانے کے عمل میں بوٹی کے اندر موجود کچھ نقصان دہ مادے ختم ہو جاتے ہیں اور اس کا ذائقہ بھی بہتر ہو جاتا ہے۔ مختلف بوٹیوں کو پکانے کے لیے مختلف طریقے استعمال کیے جاتے ہیں۔ کچھ بوٹیوں کو ابالا جاتا ہے، کچھ کو بھاپ دی جاتی ہے اور کچھ کو تلا جاتا ہے۔ ابالنے کے عمل میں بوٹی کو پانی میں ڈال کر پانی کو گرم کیا جاتا ہے۔ بھاپ دینے کے عمل میں بوٹی کو ابلتے ہوئے پانی کے اوپر رکھ کر بھاپ سے پکایا جاتا ہے۔ تلنے کے عمل میں بوٹی کو گرم تیل میں ڈال کر پکایا جاتا ہے۔

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Maryam
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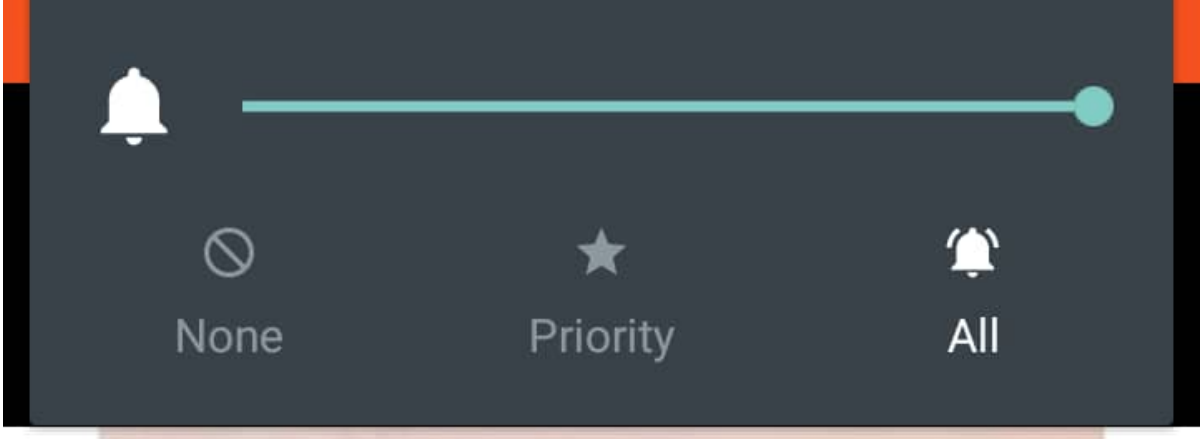
Happy happy anniversary 🥰

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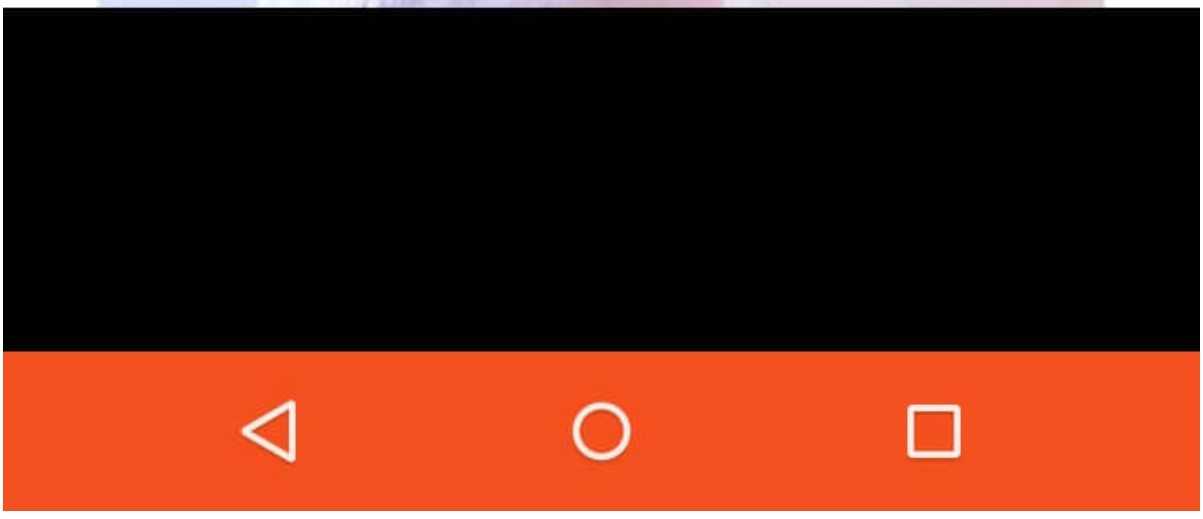
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Today, 12:41 PM



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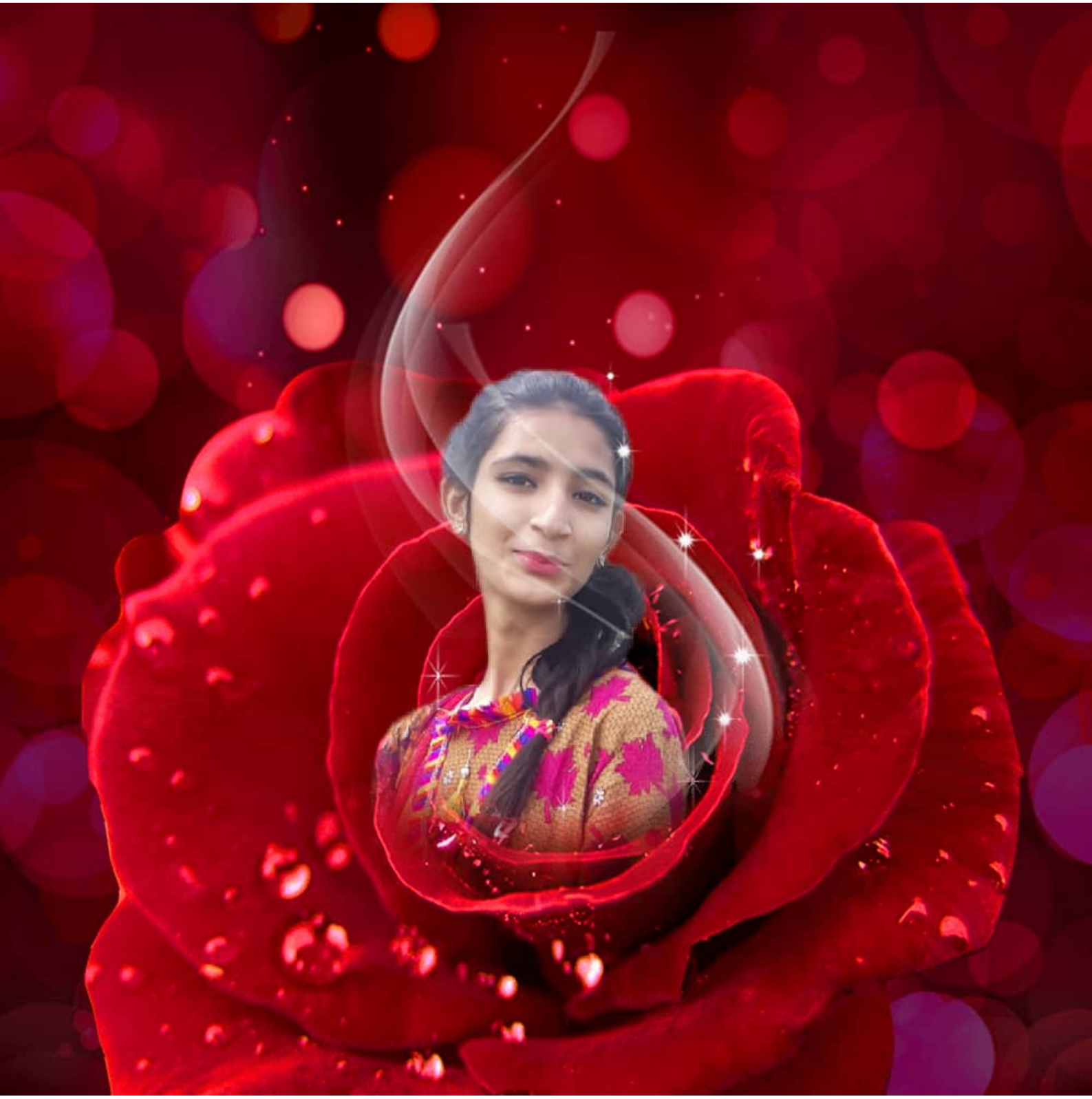
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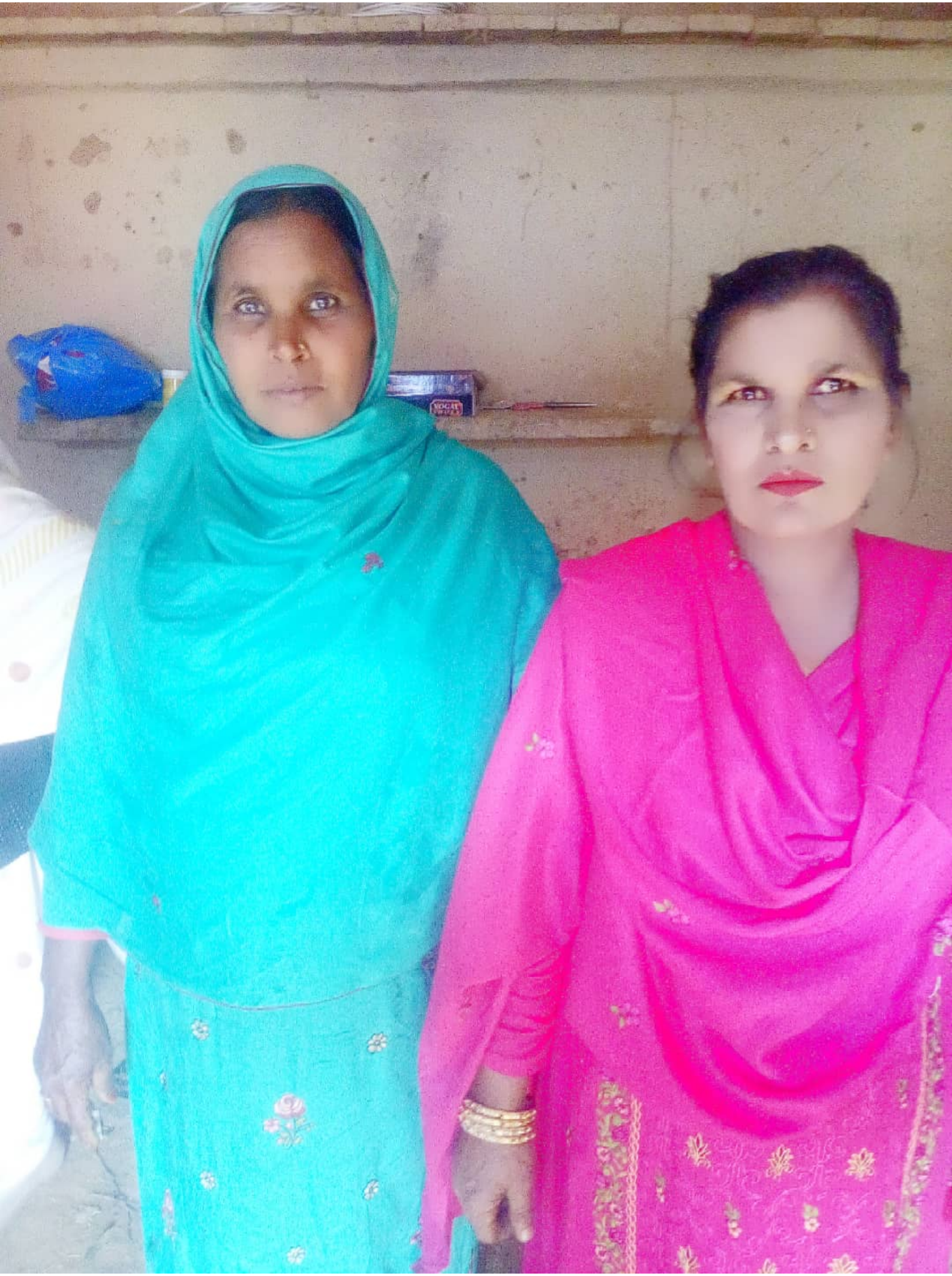
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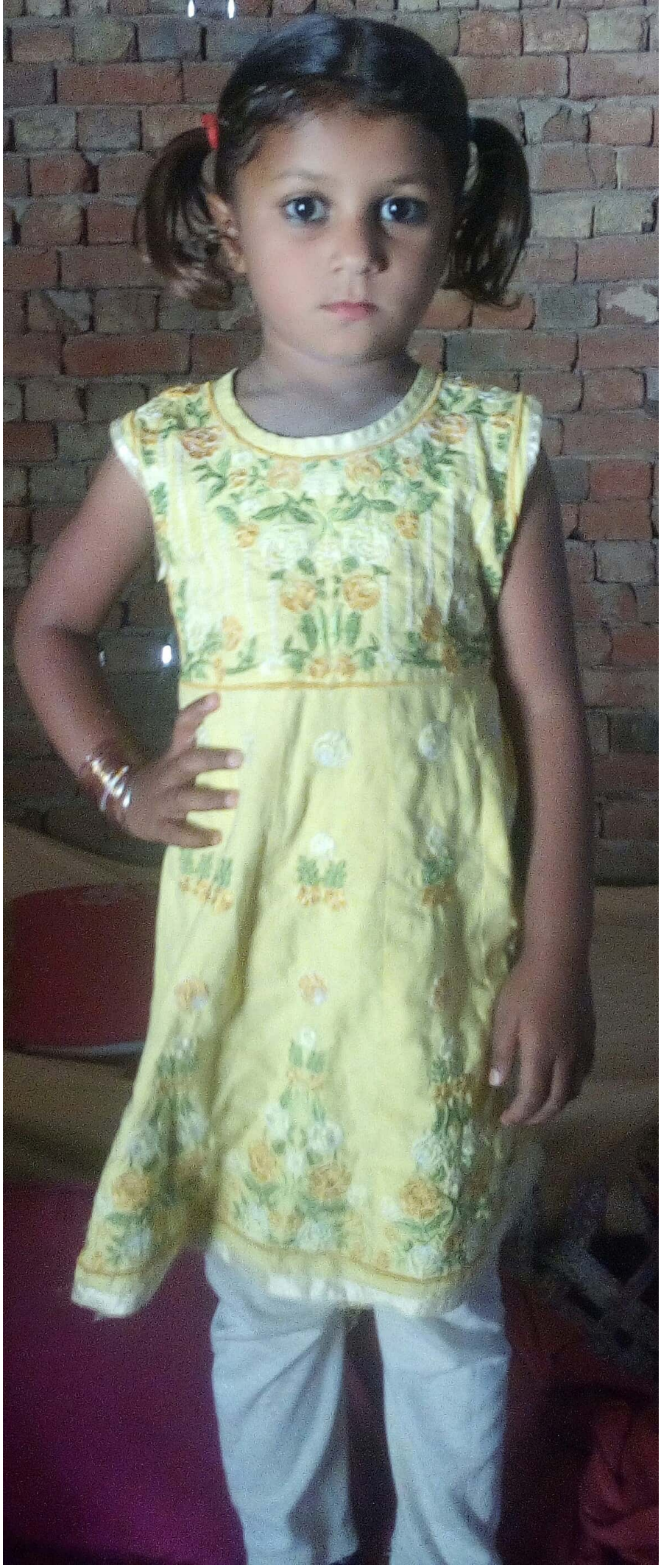
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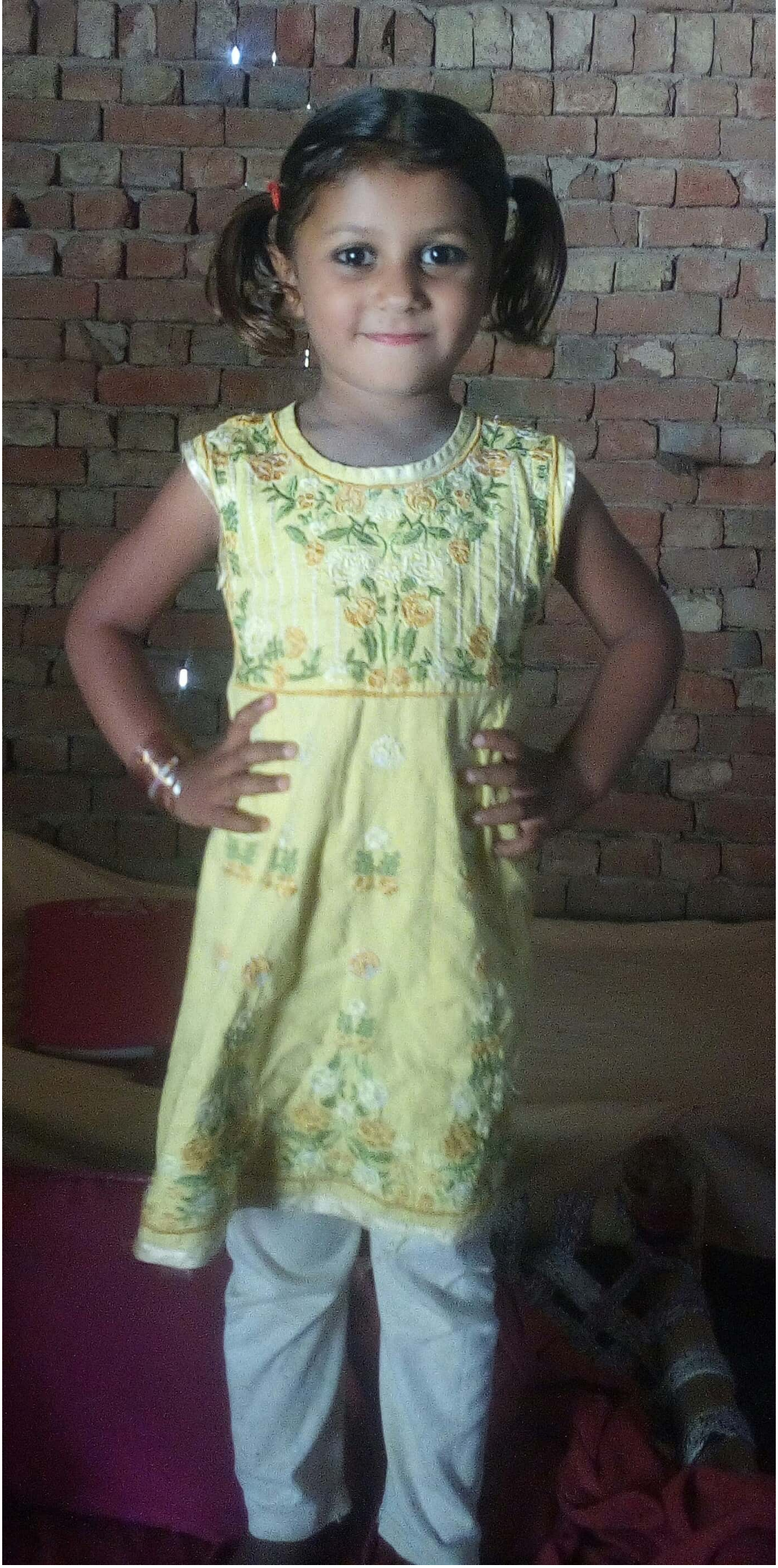
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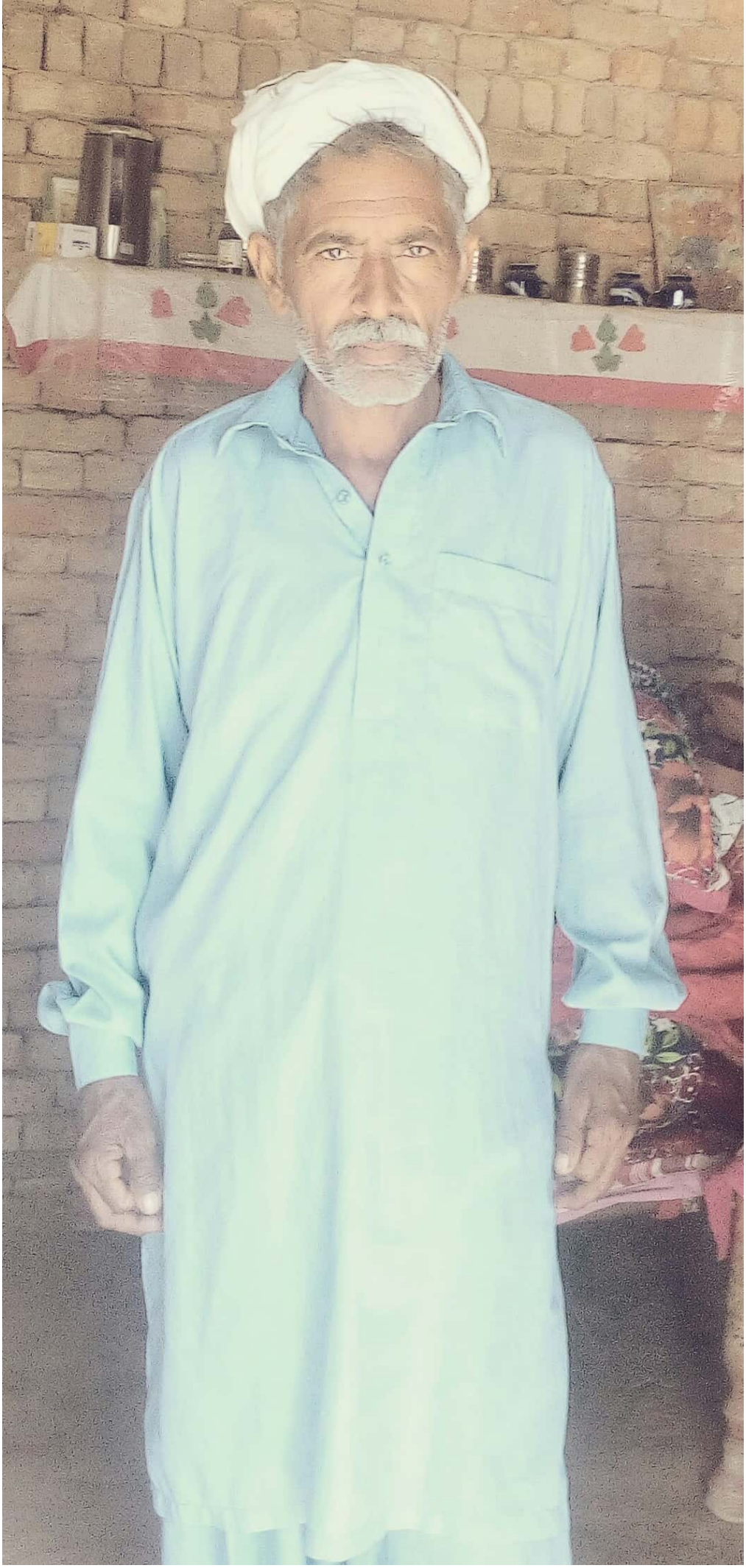
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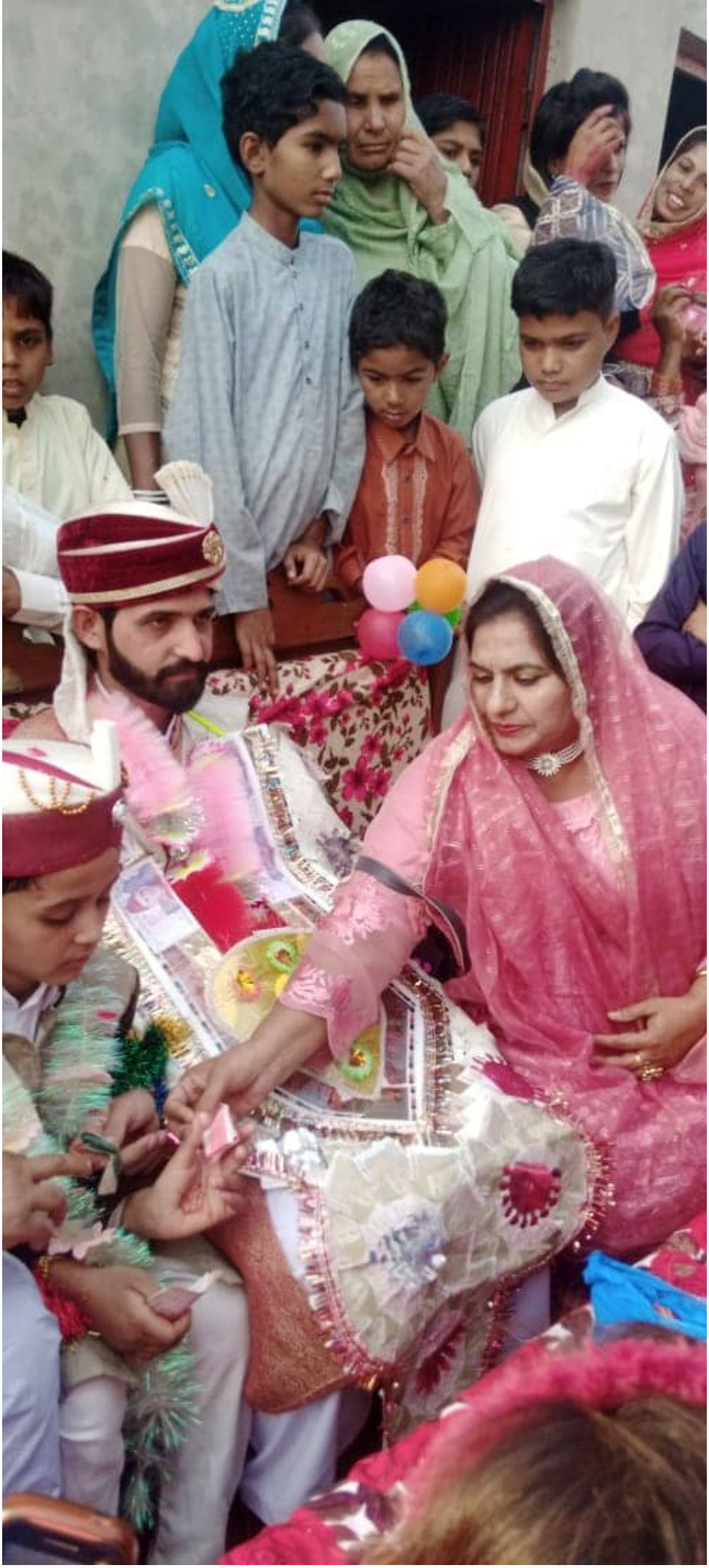
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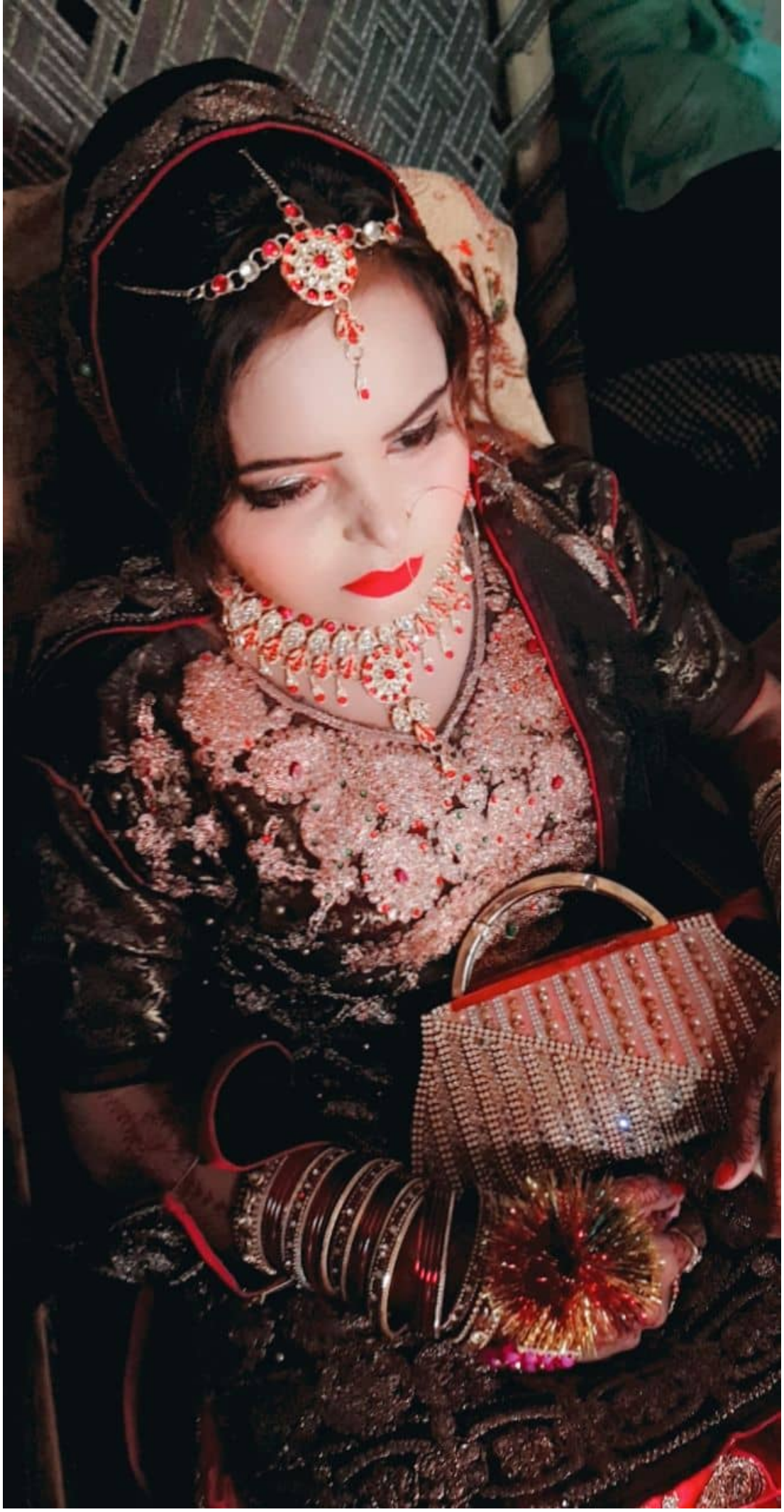
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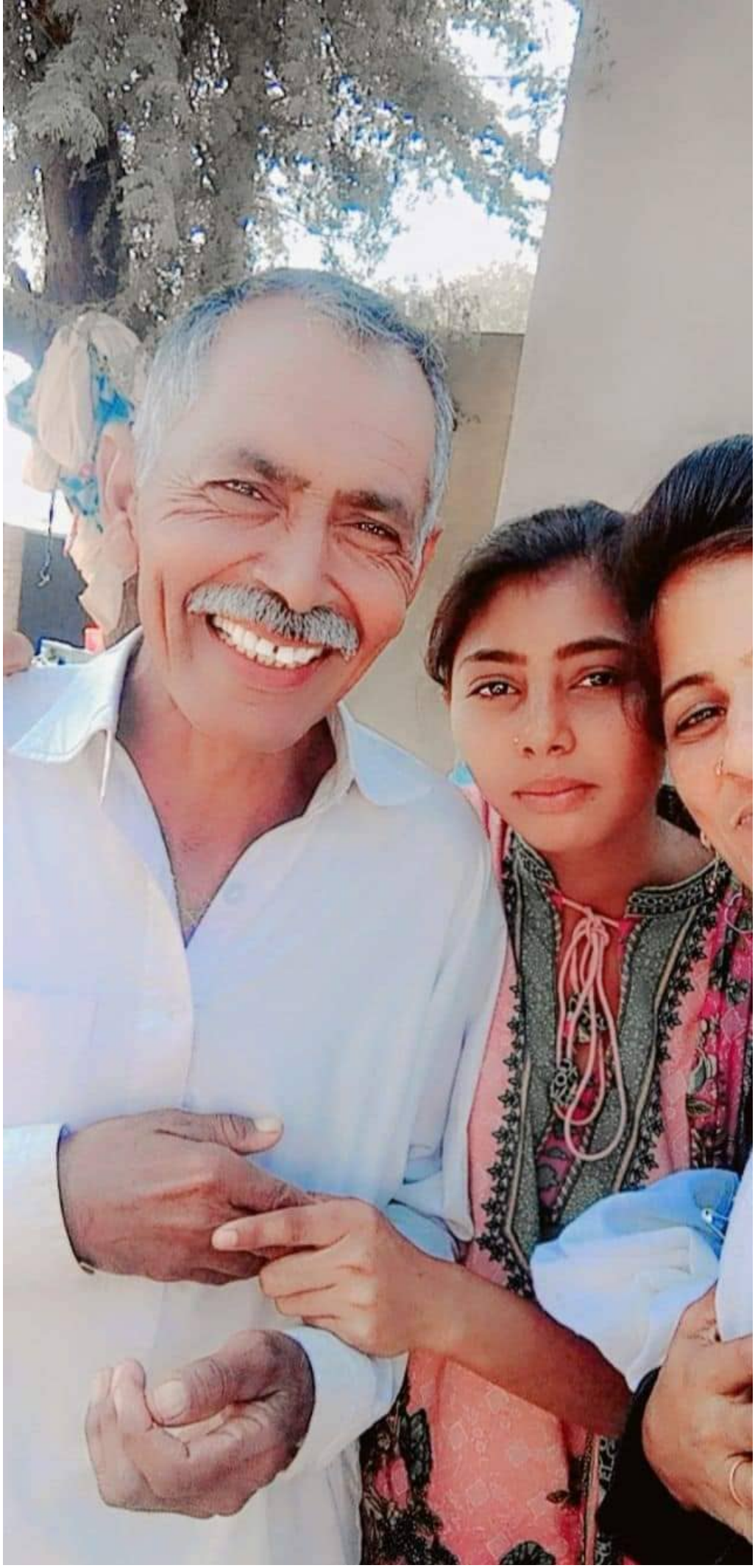


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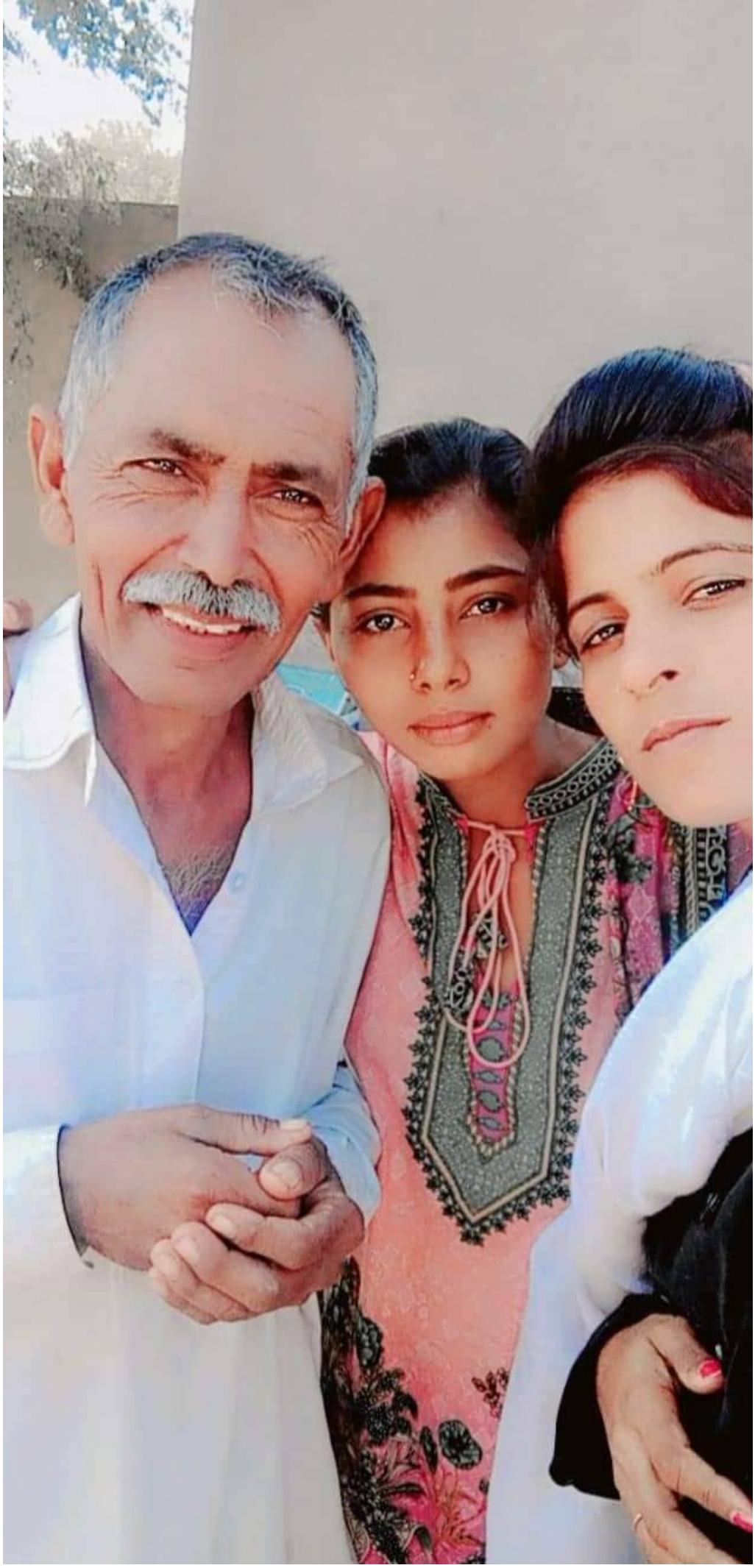


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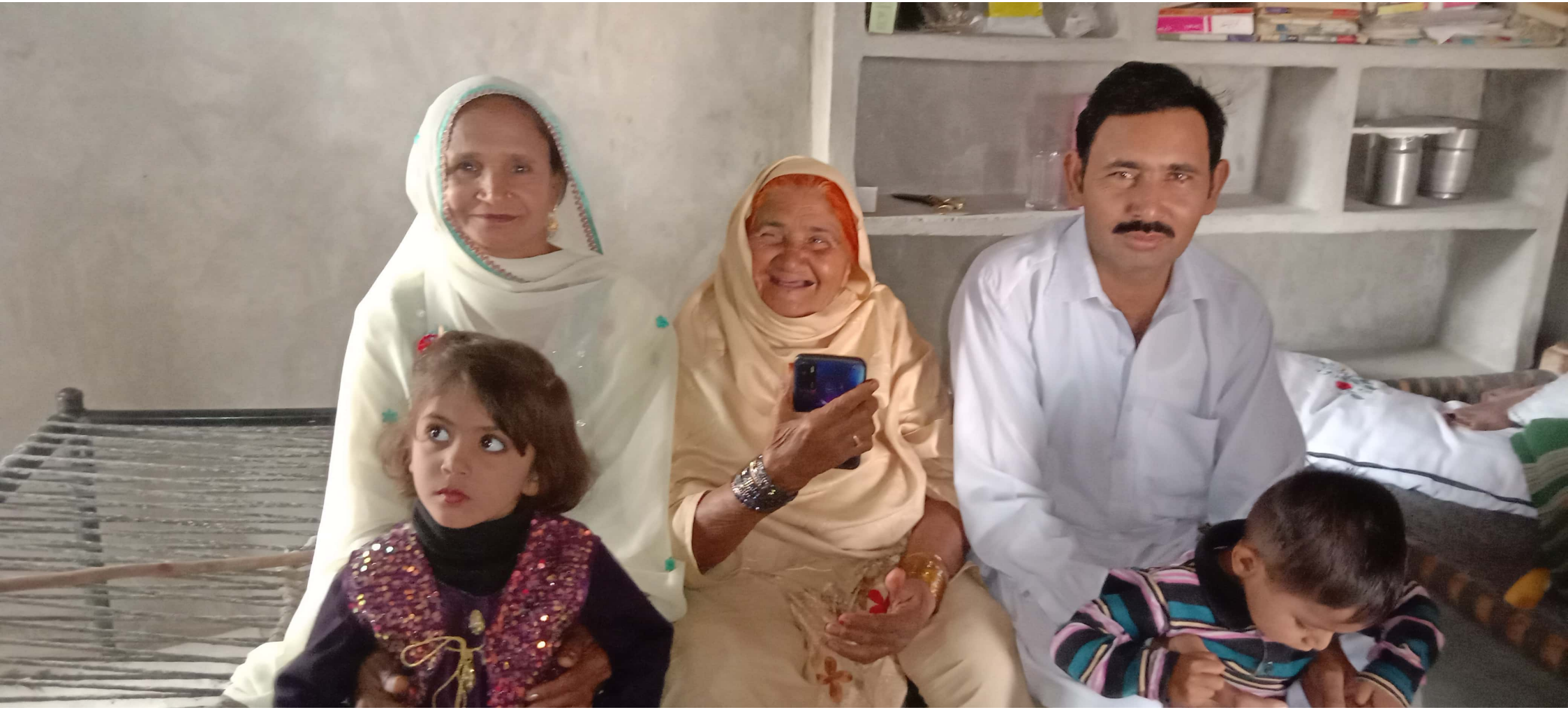
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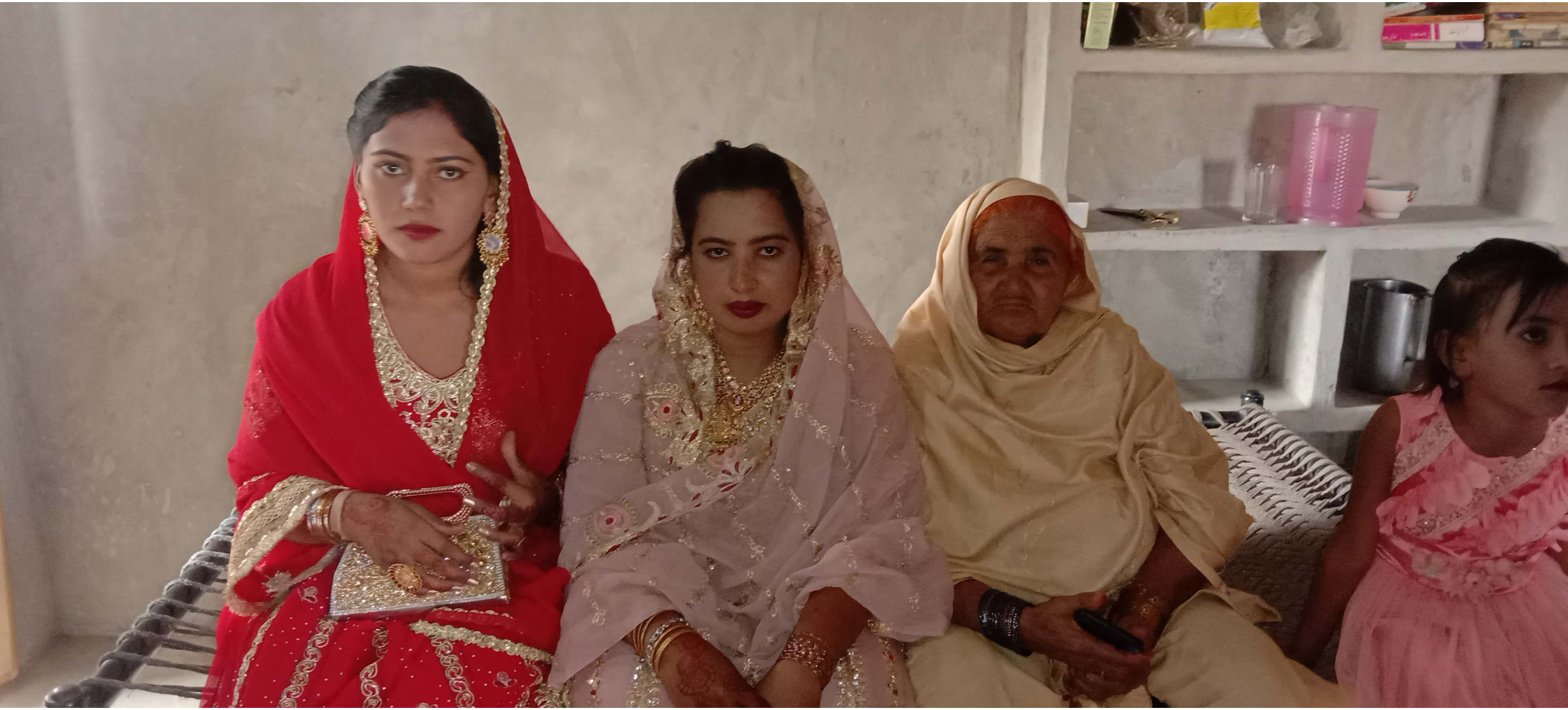
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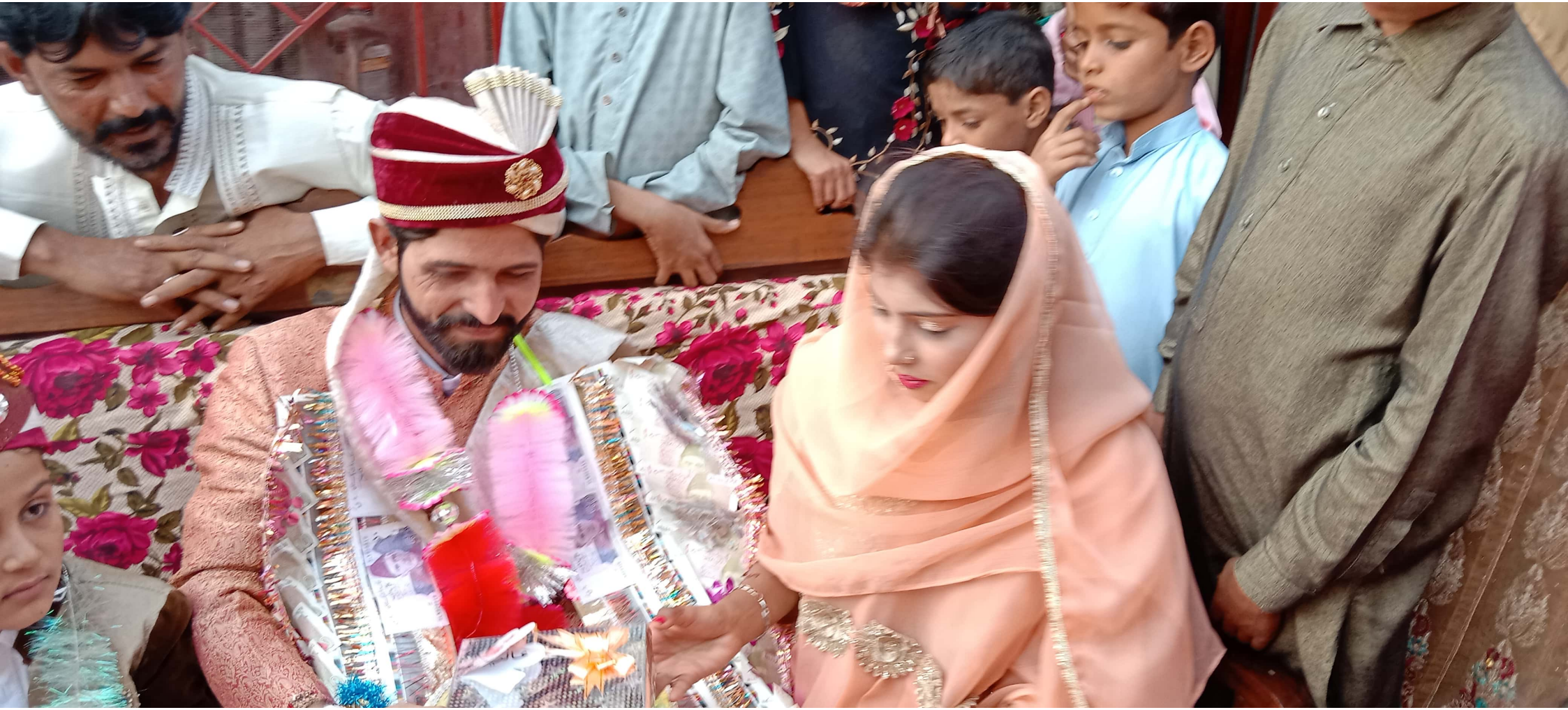
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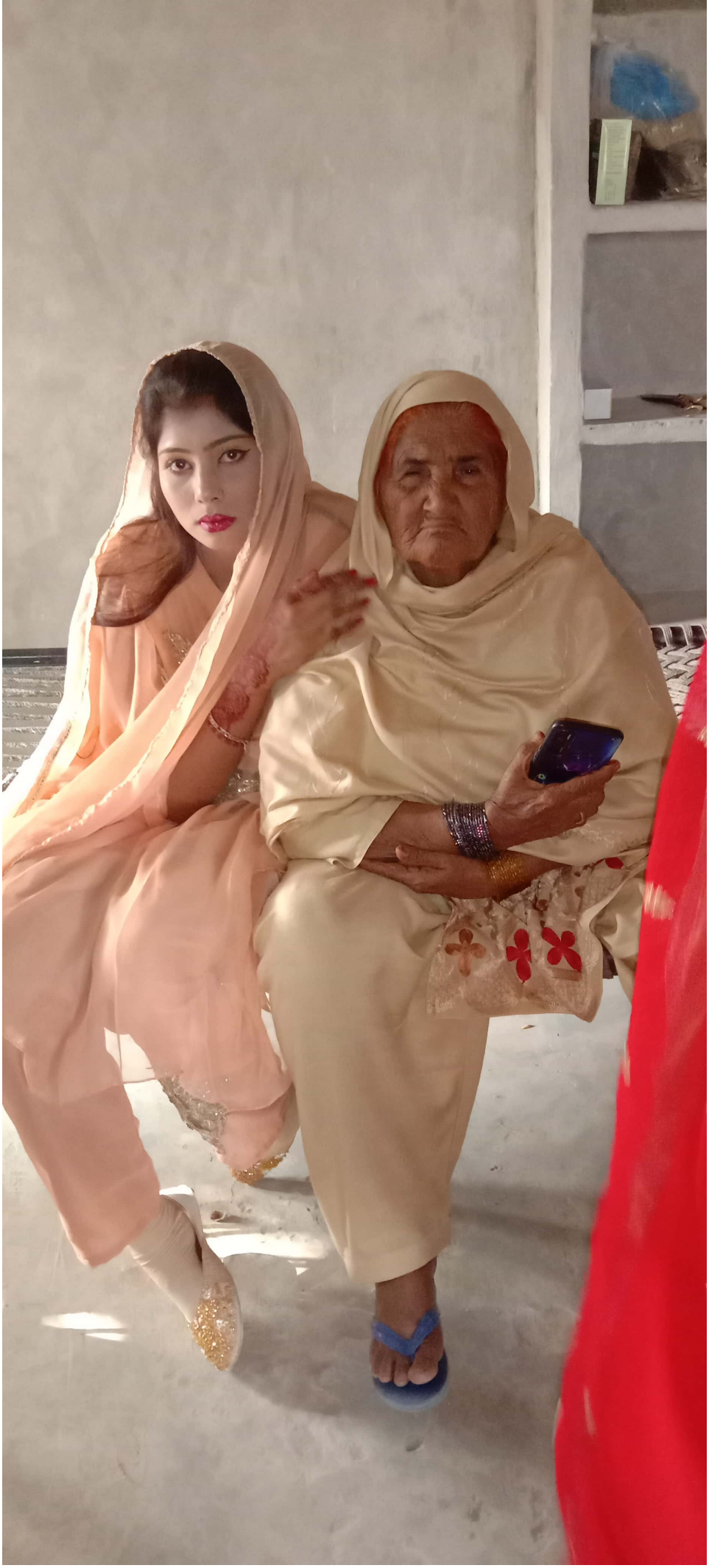
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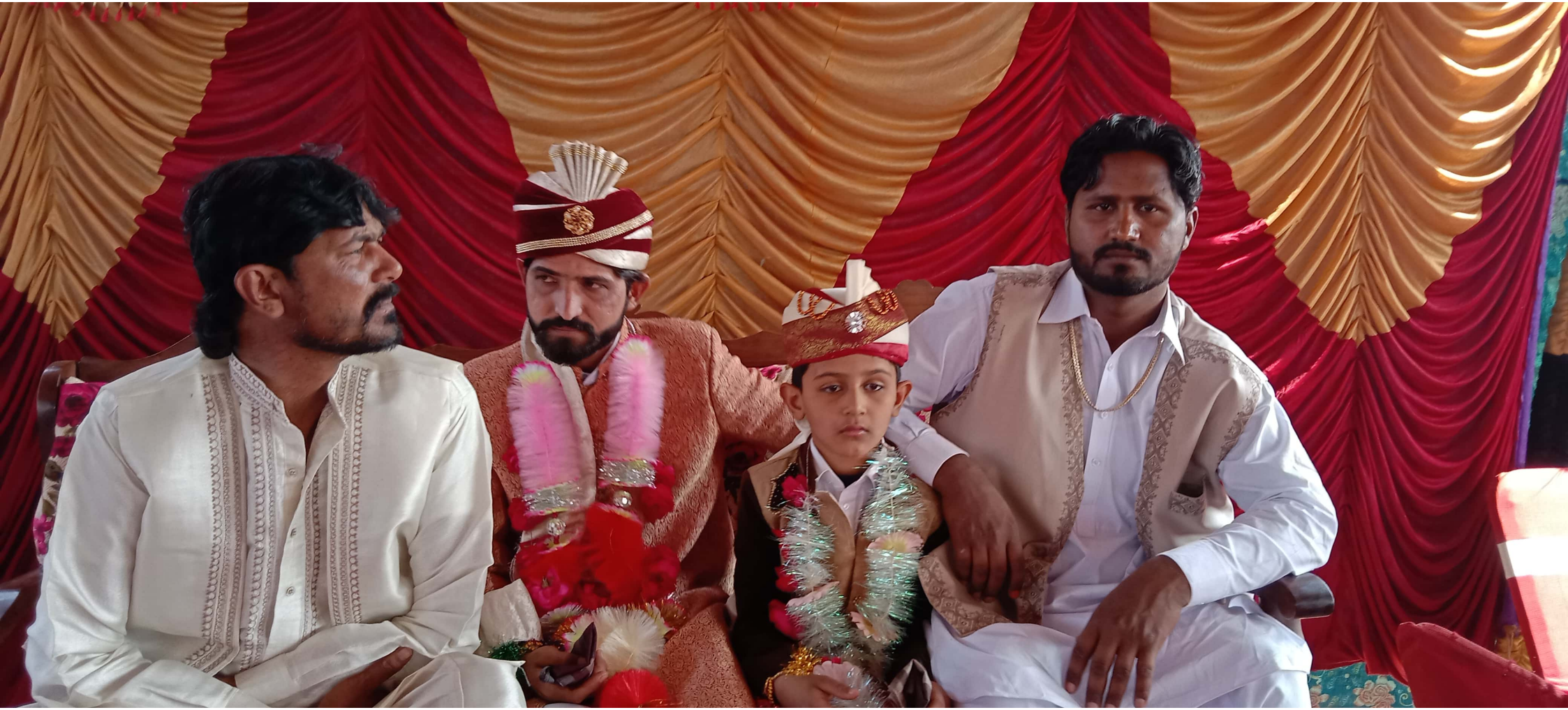
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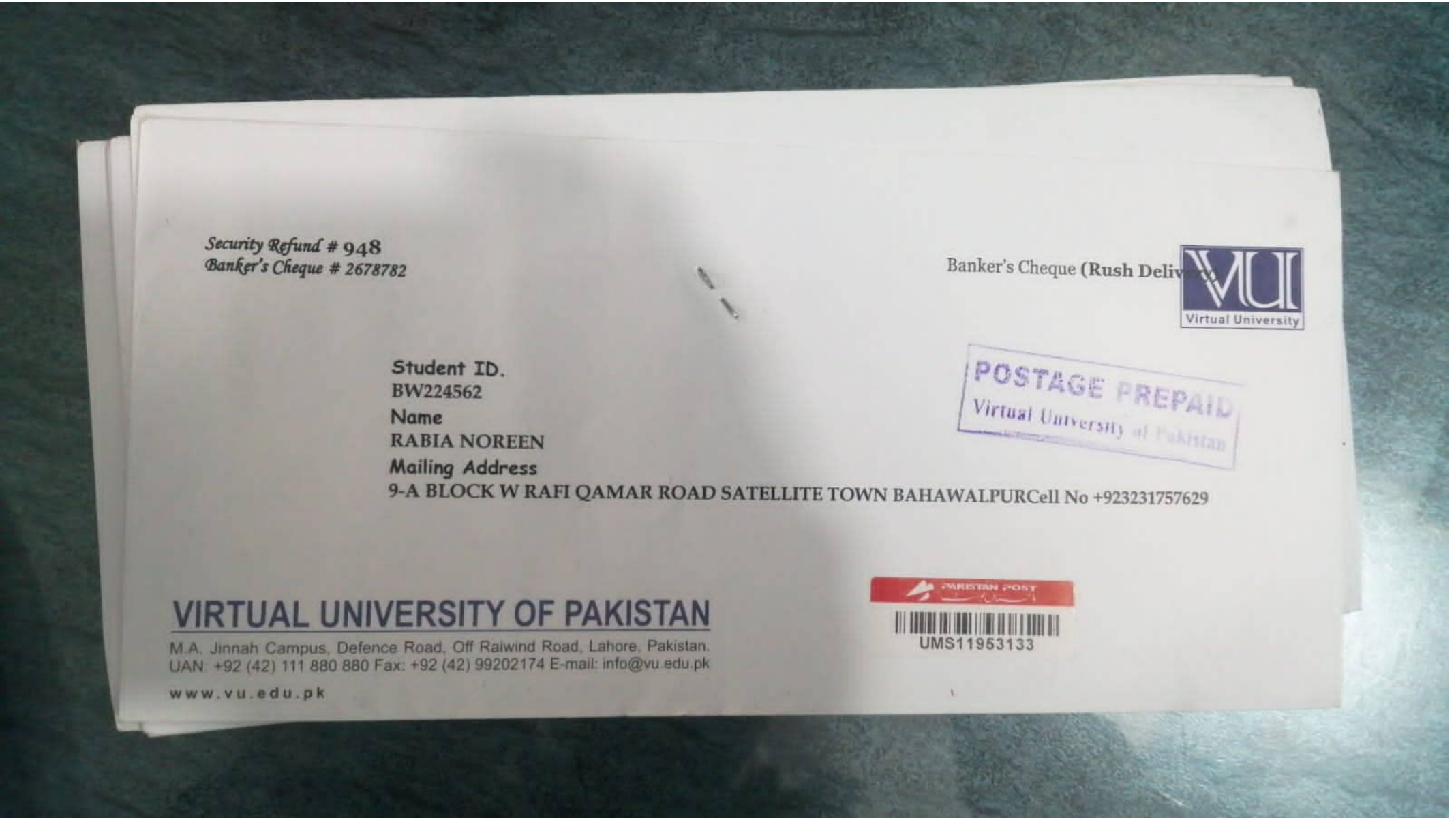
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Samina39
Yesterday, 9:23 pm



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REPLY

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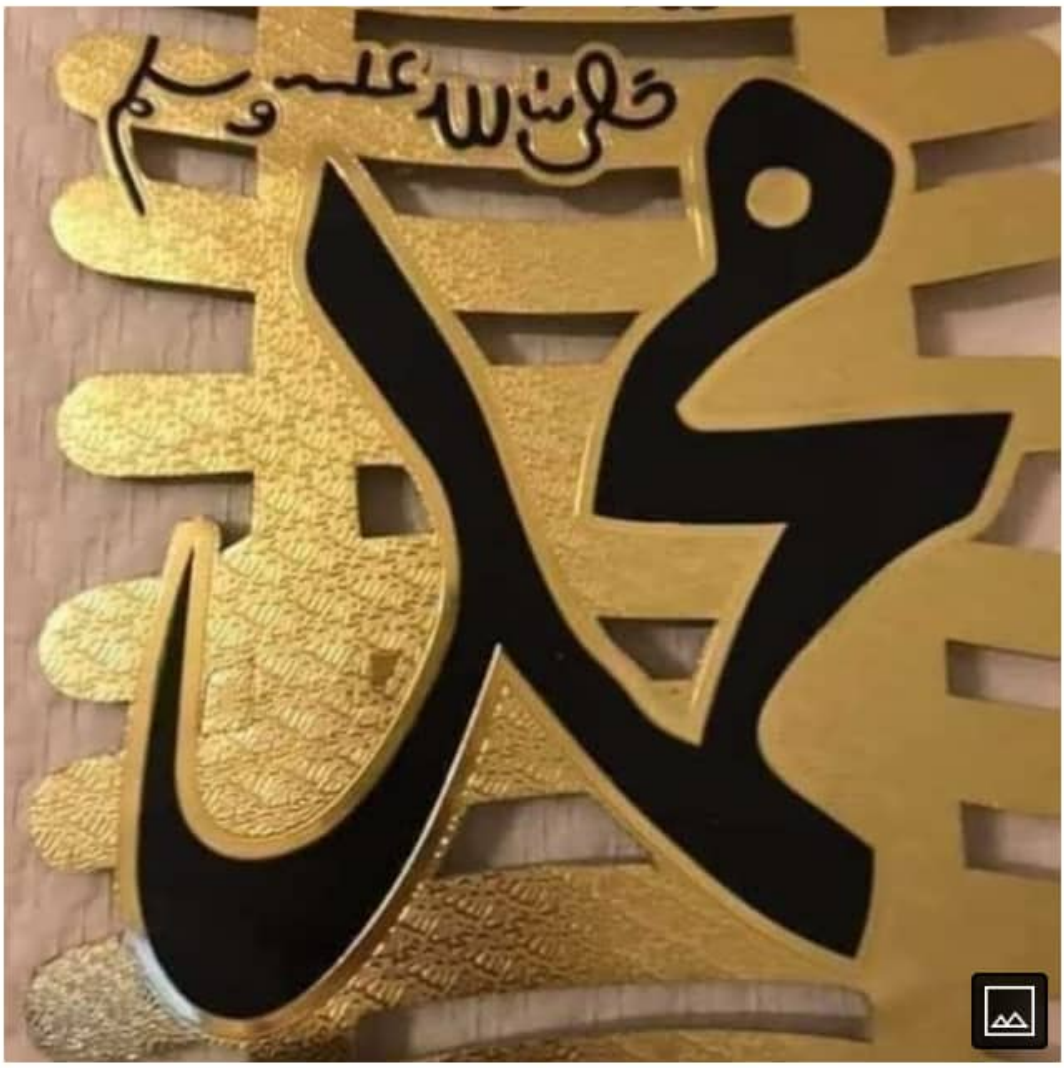


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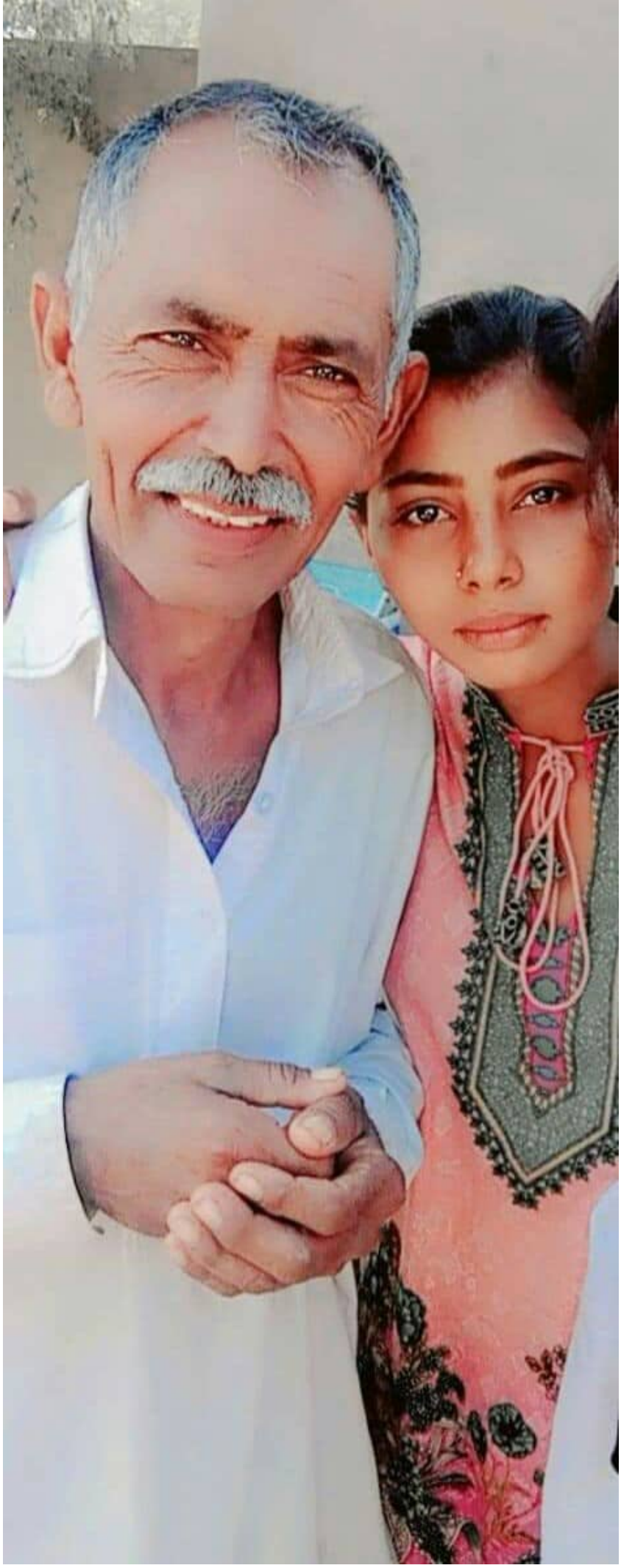


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Scanned with CamScanner

Lovely Friend

11 minutes ago



REPLY

Scanned with CamScanner



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